



Mini Apple Pies

Prep: 25 mins | Cook: 35 mins Servings: 18 (1 mini tart each)

INGREDIENTS

PAM® Original cooking spray

½ cup firmly packed brown sugar, divided

1/3 cup sliced almonds

1/4 cup all-purpose flour

3 tablespoons cold Parkay® Original-stick

1 pkg (15 oz each) refrigerated pie crusts

 $1\frac{1}{3}$ pounds apples (such as Braeburn), cored, chopped

½ teaspoon ground cinnamon

½ teaspoon vanilla extract

Reddi-wip® Original Dairy Whipped Topping



DIRECTIONS

- 1. Stir together 6 tablespoons brown sugar, almonds and flour in small bowl. Cut in Parkay® with pastry blender until mixture resembles coarse crumbs; refrigerate until ready to use.
- 2. Preheat oven to 375°F. Spray 18 medium nonstick muffin cups with PAM® cooking spray. Roll each pie crust into a 13-inch circle on floured work surface. Trim and discard edges to make two 10½-inch square crusts. Cut each crust into 9 square pieces. Carefully press pieces into muffin cups; set aside.
- 3. Combine apples, remaining 2 tablespoons brown sugar, cinnamon and vanilla in large bowl. Spoon ¼ cup apple mixture into each crust-lined muffin cup.
- 4. Bake 20 minutes. Top each with crumble mixture; bake 8 to 10 minutes more or until crumble browns. Cool in pan 5 minutes; carefully remove from muffin cups. Top each with Reddi-wip® just before serving.

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pamcookingspray.com



Sausage CHICKEN ALFREDO READY IN: 1HOUR 15 minutes

lpkg. Hillshire Farm Smoked Sausage

3 chicken breast halves, cubed 2 theps: butter, divided 2 cloves garlic, minced, divided 2 theps: chopped flat-leaf parsley 1-1/2 tsps. Italian seasoning 1/2 enion, diced 1 1/2 tsps. salt

1/2 tsp. ground white pepper

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions: drain and set aside.

Sauté sausage for 5 minutes.

2. Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are transparent.

3. Add garlic cloves, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



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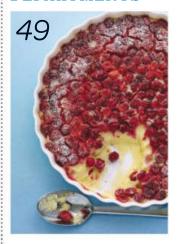
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LETTER FROM ALLRECIPES

hen the staff started brainstorming about Thanksgiving, we quickly agreed that while most of us build our menus around the traditional foodsturkey, gravy, mashed potatoes, stuffing, etc.everyone tends to put their own spin on them. "We do the potatoes with olive oil and garlic because Sophie is vegan now" or "Uncle Ralph would freak out if I didn't put bacon in the green beans" or "I coat the turkey with a killer spice rub." You customize the meal for the family and friends who are sitting at the table (and personal taste, of course!). So we decided to make that the theme of this issue: Thanksgiving your way. You'll find unique side dishes, easy and flavorful tweaks on traditional recipes, desserts beyond pumpkin pie, ideas for assembling cheese plates

for predinner nibbling, and more. (And, yes, some practical meals for all the other days of the month, too.) You're definitely going to find some things you'll want to try.

On the same note, it just so happens that Allrecipes.com has rolled out a new design, and it's all about providing a more customized experience for our community. If you haven't seen it yet, go check it out! It feels like a social-media experience more than ever, and, as with any social network, the more you interact with it, the more it caters to you. See below for some of the cool new features, and have fun with them!

Happy eating!

YOUR ALLRECIPEEPS



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All the recipes in this magazine and on our website come from cooks just like you—and since Allrecipes is the biggest recipe site in the world, there are lots to choose from! The star ratings and reviews are also from your peers, people who made the recipes and posted their comments and suggestions. If you'd like to submit a recipe to be considered for publication, go to armagazine.com/submitrecipe

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- Gluten-free = Contains no wheat, rye, or barley (or products such as bread or pasta that typically contain or are processed with those grains). Products vary by brand; always check ingredient labels to avoid hidden sources of gluten.
- Healthy Pick = In line with U.S. Department of Agriculture healthy eating guidelines, based on a 2,000-calorie-per-day diet that emphasizes produce, lean protein, whole grains, and calcium-rich ingredients, and minimizes added fats, sugar, and sodium.
- Quick = Ready in 30 minutes or less.
- Vegetarian = Contains no meat, poultry, or seafood. May contain dairy products or eggs.
- Vegan = Contains no animal products.

You'll see these on recipe pages:



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💮 a gem of a recipe that doesn't yet have a lot of reviews but deserves your attention

(iii) a healthy-pick recipe

a recipe ready in 30 minutes or less





CREATE **YOU** CUSTOM CRISP

Create your custom crisp by choosing your favorite fruit, nuts and maybe an add-in.

Try our suggestions or come up with your own! The ideas are up to you and your family!

Ingredients

2 (21 oz.) cans of Lucky Leaf® Premium Pie Filling – Choose: Apple, Cherry or Blueberry

½ cup butter, softened

1 ½ cups quick oats

1 cup brown sugar

½ cup of finely chopped or sliced nuts of your choice

Prep: 10 min. | Bake: 30 min. | Makes: 10-12

Pick your favorite Lucky Leaf® Premium Pie Filling: Apple, Cherry or Blueberry.

Preheat oven to 350°F.

Place two cans of pie filling in bottom of a 9x13-inch pan.

Blend softened butter, oatmeal, brown sugar and nuts until crumbly. Now's the time to add in anything else you'd like to include in your crisp.

Sprinkle this mixture over pie filling.

Bake for 30 minutes or until golden brown.



*Add in your favorites: coconut, chocolate chips, cinnamon chips, dried fruit, etc.

The options are endless and the choice is yours!

Vice President, Editorial Director LINDA FEARS, Linda1031

> **Editor in Chief** CHERYL BROWN Cherylb413

Creative Director RICHARD MICHELS RichM

Managing Editor DOUG CRICHTON, Doug53

Senior Editor NICHOLE AKSAMIT. Nicholio

Senior Designer DEB BERGER, ArBerger

Assistant Editor LUCY FITZGERALD, LucyFitz46

Assistant Photo Editor CAROLYN HELMRICHS, CalHelmrichs

> Copy Editor SHERYL GEERTS, Geertsgal

Health Editor

MARGE PERRY, MargeP Online Coordinator

ELIZABETH MARTIN, AllrecipesElizabeth

Intern LAUREN KASSIEN, Lauren 0926

Test Kitchen

Ruth Cousineau, RuthE Sandy Gluck, SandyG Kemp Minifie. KempM

> CONTRIBUTORS Editorial

Judith Dern, ScandoGirl Jennifer Lindley, JenKingLindley Nanette Maxim, Nanette27 Catherine Newman, BenandBirdy James Rodewald, JRodewald

Photographers

King Au, KingAu Tobin Bennett, Tonabe73 James R. Salomon, JamieSalomon Mark Thomas. MThomas

Food Stylists

Paul Grimes, Psgnyc114 Carrie Purcell, CarriePurcell Charlie Worthington, CharlieW

Prop Stylists

Lori Hellander, Icancook Kate Parisian, KateParisian Susan Uedelhofen, SusanU

President, Women's Lifestyle THOMAS WITSCHI, Swiss pizza

Group Publisher STEPHEN BOHLINGER, Chillax

Publishe STEVEN B. GRUNE, SteveG

ADVERTISING NEW YORK: 212-455-1065

Account Managers JUDY BROOKS, Judy06880 DAVID GINSBERG, DaveG

GRACE CHUNG, Amazing Grace CREE FLOURNOY, CreeMichelle

> Sales Assistant ALYSSA CONTE, Aconte

> > CHICAGO

Account Managers LISA HIRATA, Lisainthekitchen JENNIFER SWANTON, Chitownchef

Sales and Marketing Coordinator ERIN ABRAMSON, Takeoutqueen

DETROIT: 248-205-2571 Detroit Director KAREN BARNHART, Kbcooks

SAN FRANCISCO: 415-986-7762 West Coast Account Manager ANN BLACH, California Foodie

National Travel Director MELISSA LUEBBE, MidwestMelissa

MARKETING **Marketing Director**

KRISTEN STUCCHIO SUÁREZ, Kssthecook

Design Director ALYSSA DAINACK, Apd_nyc

Art Director JIRI SEGER, Jeneration j

Promotion Director ALYSSA KUPPERSMITH, Kupinthekitchen

> **Associate Marketing Director** MELISA RUSSO, Melsdinner

Associate Marketing Manager RENEE KIM, ReneejKim

Promotion Manager MELISSA GRIMES, MGrimes

Senior Publicity Manage

LISA CALLAHAN, LisaCallahan

Executive Director, Research Solutions HEATHER DOOLING, Heatherd

Research Director DIANE TERWILLIGER-SILBERFEIN, DianetTS

PRODUCTION

Production Director KENT POLLPETER, InkOnPaper

> Associate Advertising Operations Manager APRIL GROSS, AprilG

Senior Director of Quality DAVE WOLVEK Zero-tolerance

Prepress Desktop Specialist JILL HUNDAHL, JHundahl

Senior Premedia Manager JILL CRUCHELOW, JillC

Production Traffic Supervisor ANGELA SEBASTIAN, ASebasti

CIRCULATION **Assistant Circulation Director** LESLIE SHAEFFER, LjShaeffer

Retail Brand Manager JENNIFER HAMILTON, Foodie delights

FINANCE

Business Director CHRISTY LIGHT, Christy Light

Advertising Business Manager STEPHANIE RABBANI, Momof4boys

> ALLRECIPES.COM President

STAN PAVLOVSKY, SPavlovsky

Vice President, Marketing and Content

RITA SPANGLER, Rita margarita

Vice President, Consumer and Brand Strategy ESMEE WILLIAMS, Esmee Williams

Senior Manager, Community and Content ELIZABETH MARTIN, AllrecipesElizabeth

DAY SOUTH CONTRACTOR

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Chief Digital Officer ANDY WILSON

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CORPORATE MARKETING

STEPHANIE CONNOLLY

CORPORATE SALES BRIAN KIGHTLINGER

DIGITAL VIDEO LAURA ROWLEY DIRECT MEDIA

PATTI FOLLO BRAND LICENSING

ELISE CONTARSY COMMUNICATIONS

PATRICK TAYLOR

HUMAN RESOURCES

DINA NATHANSON

STRATEGIC SOURCING, NEWSSTAND, PRODUCTION

CHIICK HOWELL

Chairman and Chief Executive Officer STEPHEN M. LACY

President, Meredith Local Media Group PAUL KARPOWICZ

Vice Chairman MEL MEREDITH FRAZIER In Memoriam - E.T. Meredith III (1933-2003)



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Thanks!

The Thanksgiving season is Allrecipes' busiest time of year: Allrecipeeps generated a whopping 443 million pageviews last November, and it's the No. 2 month for Allrecipes app downloads. Based on all that, plus your social media posts, here's what you're craving most this time of year.

people visit Allrecipes.com the week leading up to Thanksgiving. That's a 366% jump from most other weeks throughout the year.



pins of Three-Cheese Garlic Scalloped Potatoes—the most-pinned potato side dish on our Thanksgiving Recipes Pinterest board.

Potatoes seem to be the side dish of choice on our site, too. Of the 1 million searches for "potato" recipes last November, potato casseroles were in top demand (332,508 searches), followed by mashed potatoes (164,185), potato pies (104,031), and scalloped potatoes (22,751).

Instagram likes of Grandma's Apple Pie à la Mode Moonshine (from community member Unchained), our most popular holiday drink recipe on Instagram. Beware, though: With 5 cups of alcohol, this isn't a drink to take lightly—or liberally.

pounds of turkey that Americans eat on Thanksgiving. That rounds out to a hefty 2.3 pounds per person.

Allrecipes has you covered with 1,371 turkey recipes. Too hard to choose? Check out community member Star Pooley's Rosemary Roasted Turkey. It was pinned on Pinterest more than **53,000** times.



of millennials turn to social media sites for how-to cooking videos. Our most popular Thanksgiving video on YouTube is "How to Make Gravy" (258,259 views). Find more videos at youtube.com/allrecipes



searches for "pie" last November, making it one of our most-searched foods that month.

What pies are Allrecipeeps bringing to their Thanksgiving tables? Pumpkin topped the list last year with 259,999 searches. Next up: apple (188,739), pecan (178,585), sweet potato (104.031), and chocolate (43.482).



likes of community member Themoodyfoodie's Deep-Fried Stuffing, which is the most-clicked Thanksgiving recipe on our Facebook page. (Page 70 has lots more variations on classic favorites.)



Instagram likes for Allrecipeep Lisawas's Mini Apple Pies. (Her secret is baking them in mini-pie dishes.) For more great mini recipes, flip to page 110.





Forty percent of home cooks post pictures of their holiday recipes. Join the crowd! Share yours on Twitter or Instagram (tag 'em #MyAllrecipes), or email them to us at feedback@armagazine.com. You might see them in a future issue!









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KITCHENSINK

A LITTLE BIT OF EVERYTHING: NEWS, PRODUCTS, TRENDS, TOOLS, TIPS, AND MORE

SHAKE a TAIL FEATHER

A veggie tray can seem a little humdrum compared to the drama of all the other Thanksgiving dishes. Which is why we love this clever presentation—it gives crudités a little pomp and circumstance. There's no wrong way to do it, as long as the arrangement looks vaguely like a bird. In fact, make your

life easier and just copy this one! Some people use a bowl of dip as the body, others build their bird facing straight on instead of in profile, and, obviously, you can use whatever veggies you want. No matter how your particular work of vegetable art plays out, your guests will snack in true Thanksgiving style.



On Thanksgiving, people pull out all the stops—the good plates, the sterling silver, the linen tablecloth and napkins...and candles. There's nothing wrong with using your grandmother's crystal candleholders, but if you want to give things a more festive spin this year, here are a few ideas even the crafting-averse can handle. The bonus is that they rely on food items you may already be buying for your meal.

For beans or cinnamon sticks: Wrap a thick rubber band around a pillar candle and insert beans or cinnamon. Wind several lengths of twine around the rubber band to cover, then cut and tie it to secure. Glue star anise to center (optional). For cranberries: Put a votive candle in a glass container and fill one-third full with berries, nuts, star anise, or a mixture. — ICANCOOK





to mash avocados in under a minute.

No-Puff Crus

Many Thanksgiving pies call for blind-baking the crust, which means prebaking it without the filling. But baking a pie shell on its own can cause the dough to puff up, shrink, and burn. Pie weightsmarble-size ceramic or metallic balls—help the pastry stay put by holding the dough down during baking. This one-piece weight from Chicago Metallic covers your pie shell with nonstick, flexible silicone flaps, keeping it from bubbling and shrinking, and it adjusts to any size pie. Perforations in the stainless-steel center allow air to flow, which creates a flaky, golden crust. The one-piece design makes it a snap to insert and remove, as well as to wash and store. \$12 from Amazon.com. -LAUREN0926



Drink Up: WINES THAT FLY WITH TURKEY

A day of being thankful for good food and good company also calls for something good to drink. For a formal meal like Thanksgiving, that usually means wine, preferably not too high in alcohol (Aunt Mildred, I'm looking at you). And therein lies the rub: That wine has to go with the turkey, of course, but with a crazy array of side dishes, too. (Oh, Aunt Mildred, I see you've brought your famous ambrosia. Yes, it is unforgettable.)

There are definitely some white wines that fit the bill, like a slightly sweet and aromatic Riesling, Gewürztraminer, or Pinot Gris. And since this is the most American of holidays, why not try one of the great ones from U.S. producers, such as Washington State's Chateau Ste. Michelle for Riesling, California's Gundlach Bundschu Estate Vineyard Sonoma Coast for Gewürztraminer, and Oregon's King Estate Winery for Pinot Gris?

Reds are more difficult: If the meal has any sweet dishes, they'll make most red wines taste bitter and sour, and who needs that? A go-to Thanksgiving red is Pinot Noir. It's fruity, has good acidity (to cleanse the palate for the inevitable next bite), and is not as high in alcohol as another Thanksgiving favorite, Zinfandel, Check out the Pinot Noirs from Oregon's Willamette Valley, such as those from Willamette Valley Vineyards or Brigadoon Vineyards. Try California Zins from Geyser Peak and St. Amant wineries.

The usual game plan for a Thanksgiving crowd is to get several bottles (or cases: Hi, Millie!) of the same wine, but it's nice to offer a variety of drinks. So have some ciders and some sparkling wines on hand, too. Just keep an eye on Aunt Mildred-you remember what happened last year! -JROPEWALP







Everyone deserves a holiday meal they can feel good about. Our independent family farmers raise turkey the right way — without growth-promoting antibiotics, fresh from their farms to your table.

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▶ Pinterest.com/HonestTurkey ः HoneysuckleWhite.com





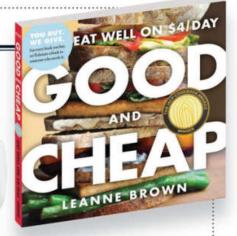
 It started with candy...and birds. Aluminum foil was introduced in France in 1903, but it didn't enter the world of food until 1908, when Swiss chocolate maker Tobler (known for its iconic triangular Toblerone bar) started tucking its chocolate bars into foil. United States production began in 1913, with foil's first commercial use as identification leg bands for racing pigeons. That same year, Life Savers candies was founded and began wrapping its Pep O Mints in tin foil (it switched to aluminum in 1925) to keep them fresh.

Tin was once in. It was the original metal used to make foil wrap, but aluminum proved less expensive and more durable, and pushed tin out of the picture. Some people still call aluminum foil "tin foil." but it doesn't have a trace of tin in it.

• There is no "better" side. Aluminum foil has a shiny side and a dull side, a result of the manufacturing process in which layers of foil pass through a rolling mill. But one side is not functionally different from the other, unless you're using nonstick foil. (In that case, put food on the treated, or dull, side.) So no matter how you wrap leftovers, bake a potato, or grill veggies in foil, the heat will conduct just the same.

• It can help loosen up a block of brown sugar. When your brown sugar turns into a brick in your cupboard, wrap it in aluminum foil and put it in a 300°F oven for five minutes.

• It can keep celery crisp! Celery gets droopy quick in the fridge; keep it crisp by wrapping it tightly in aluminum foil. Unlike a plastic bag, the foil allows ethylene gas (which causes wilting) to escape. -NANETTE27



OOKBOOK

The problem: You're trying to feed your family reasonably healthy meals on about \$4 a day, per person. Sound impossible? For many Americans, especially the 46 million enrolled in the Supplemental Nutrition Assistance Program (or SNAP), it's reality. Food pantries try to make up the difference, but they're struggling, too. Demand is so high that more than a third of pantries are running out of food.

The solution, or at least a helping hand: Good and Cheap: Eat Well on \$4/Day (Workman; \$17 print), a cookbook for families on a supertight budget. It was the brainchild of Leanne Brown, who researched and wrote the book as a project for her master's degree at New York University's food studies program. Her premise: You don't have to eat boxed macaroni and cheese or canned chili when money is tight. There's a world of great food to cook, even on the smallest budget, and when you're armed with basic cooking skills and simple recipes, that world opens to you.

To get the info to those who needed it most, Brown posted a free PDF of Good and Cheap on her website, and 100,000 people immediately downloaded it (it's still available online). With one look at the recipes barley risotto with peas, pulled pork, peanut chicken and broccoli with coconut rice, chocolate-zucchini muffins—it's easy to see why it's been a hit. Plus there are tips on shopping, including exactly how much each dish will cost you at the market.

Here's how you can help Brown's effort: For every printed version of the book sold, a copy will be donated to a family in need. Thousands have already been given away. -NANETTE27

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KITCHEN SINK

OnTrend: MEET THE NEW MEATS

Once upon a time (as little as a decade ago), if you wanted a meat substitute, you had two choices: fairly tasteless veggie burgers or tofu (or, for Thanksgiving, the dreaded tofurkey). But now serious flavor and texture have come to tofu "tenders," "beef" or "chicken" crumbles and cutlets, soy "sausages," "fish" fillets, and newfangled meatless burgers that are packing the grocery's vegetarian shelves. "Mock meats" (or "plant-based proteins") are a hot commodity. growing eight percent between 2010 and 2012. That's because more and more people are eating less and less meat. In the U.S., five percent of us (close to 16 million people) are vegetarian, with about 7.5 million of those vegetarians being vegan (meaning they eat zero animal products). Vegan numbers have doubled since 2009. Then there's the rise in "flexitarians," who

Whatever our reasons for cutting back or giving up on meat-monitoring saturated fat and cholesterol intake, protecting animal welfare and the environment—many of us still crave its texture and flavor. The new generation of faux meats are products you'd actually want to eat. The taste has improved, thanks to a shift in ingredients from wheat gluten to vegetable-based substances like yellow peas, carrot fiber, beetroot fiber, and yeast extract, plus garlic, mustard seeds, paprika, and turmeric, along with blends of ancient grain flours (amaranth, millet, and quinoa). And, say top producers Gardein and Beyond Meat, a technology innovation that uses an extrusion process has created a "tear away" factor that allows the texture and mouthfeel to be more like those of real meat. So while it may look and taste like chicken, this is "meat" that



What's on Chef John's mind?



..........

Make-Ahead Turkey Gravy!

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Mom's Apple **Fritters**

armagazine.com/moms-applefritters

"My mom made these for us after school in the fall with the apples we'd pick and buy from a fruit farm. They're warm and sweet—a perfect fall treat." - ABBY9

> Vegetable oil for deepfrying, plus 1 tablespoon for batter

- 1 cup cinnamon sugar [From our kitchen: You can make your own by combining 1 cup sugar and 1/4 cup cinnamon. Because cinnamon fills in around the sugar crystals, it'll still equal 1 cup.]
- 11/2 cups flour
 - 1 tablespoon white sugar

- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 large eggs
- 2/3 cup milk
- 2 large apples, peeled, cored, and chopped (3 cups)
- Pour oil to a depth of 11/2 inches in a heavy pot (preferably cast iron) or deep fryer and heat to 375°F. [From our kitchen: You'll need about 1 quart oil and a 4-quart pot.]
- 2 Put cinnamon sugar in a large zip-top plastic bag. Whisk together flour, white sugar, baking powder, and salt in a large bowl. Whisk together eggs, milk, and 1 tablespoon oil in a separate bowl, then stir into flour mixture until well blended. Stir in apples until evenly distributed.
- 3 Working in 5 to 6 batches,

SAID

I cut the apples in very, very tiny pieces. I doubled the batter but not the apples. They came out amazing, way better than at the fair! — POBIEGIRL76

For those who said they pop up in the oil too much and come out too thick: As you are dropping them in, use two spoons to spread out the dough. Works great, especially if you are using a pot instead of a deep fryer. -CANDI

I used Braeburn apples and added cinnamon to the batter. They were very tasty when tossed with cinnamon and sugar. -MRSREDMAN

They are best after sitting for a while. —JENNIFER

carefully drop heaping large spoonfuls (about 2 tablespoons each) into oil and fry, turning occasionally, until golden brown and cooked through, about 5 minutes total. Remove from oil with a slotted spoon and drain briefly on paper towels. Add warm fritters to bag with

cinnamon sugar and shake until coated.

PER 3-FRITTER SERVING 354 CAL; 14.7g FAT (2.4g SAT): 4.8g PRO: 52g CARB: 1.8g FIBER; 294mg SODIUM; 48mg CHOL



Blipp it, watch it, make it (see page 4 for blipp details), or go to armagazine.com/ moms-apple-fritters-video

SAVED 17,379 TIMES



SUBMITTED BY

Kelly Shawn Stewart

PREP 25 min

соок 45 min READY IN 1 hr. 10 min

SERVES 7

RATING ***

222 reviews

SAID

I didn't have any Monterey Jack, so I just used Italian-blend cheese. I'd never made any kind of stuffed pasta, and this was fairly simple and so delicious! —SEPIERCE

I cooked the manicotti for only four minutes, making it much easier to handle. I also added 1/4 teaspoon garlic powder and 1/4 cup fresh chopped basil. This is a keeper. -ITZJUST_ME

Three-Cheese Manicotti

armagazine.com/three-cheese-

"I experimented with different ingredients for the cheese filling and found this delicious blend." - KELLY SHAWN STEWART

- 1 (8-ounce) package dried manicotti
- 1 (15-ounce) carton ricotta cheese
- 6 ounces shredded Monterey Jack cheese (11/2 cups)
- 6 ounces shredded mozzarella cheese (11/2 cups)
- 2 tablespoons sour cream
- ⅓ cup seasoned dried bread crumbs
- 1/4 cup chopped fresh parsley
- 3/4 teaspoon salt
- 3/4 teaspoon black pepper, or to taste

- 2 cups marinara sauce, plus more for serving [From our kitchen: A smooth sauce coats pasta best. Also, we heated up an extra cup for serving.]
- Preheat oven to 350°F. Coat a 9x13-inch baking dish with cooking spray. 2 Bring a large pot of salted water
- to a boil. Add manicotti and cook until al dente, 8 to 10 minutes. [From our kitchen: Avoid stirring so manicotti won't split.] Drain.
- 3 Meanwhile, stir together ricotta, Monterey Jack, 1 cup mozzarella, sour cream, bread crumbs, parsley, salt, and pepper in a large bowl.
- Spread ½ cup sauce onto bottom of prepared dish. Fill each manicotti with about 3 tablespoons cheese mixture and arrange in dish in a single layer. [From our kitchen: To make it easy and less messy, put filling in a zip-top plastic bag, snip off a corner, and pipe it into manicotti.] Pour remaining 11/2 cups sauce over manicotti and sprinkle with remaining ½ cup mozzarella.
- 5 Bake, uncovered, until cheese is melted and sauce is bubbling, 30 to 35 minutes.

PER 2-MANICOTTI SERVING 411 CAL; 17.7g FAT (10.6g SAT); 24.8g PRO; 39g CARB; 2.8g FIBER; 918mg SODIUM; 58mg CHOL

Beef and Vegetable Stew

armagazine.com/beef-andvegetable-stew

"This variation of beef stew is hearty, easy to make, and low in fat. You can substitute venison for the beef. Serve it over cooked noodles."—MARIANNE

- 1 tablespoon vegetable oil
- 1 pound beef chuck stew meat, trimmed and cubed
- 1 medium onion, thinly sliced (11/4 cups)
- 1 (6-ounce) can tomato paste
- 1 (14.5-ounce) can low-fat, low-sodium beef broth (13/4 cups)

- 1 cup chopped carrots (3 medium)
- 3 Yukon Gold potatoes, peeled and cut into 1-inch cubes (about 4 cups)
- 1 (6-inch) sprig fresh rosemary
- 1 teaspoon dried thyme
- 1 bay leaf
- 1/4 teaspoon crushed red pepper
- 11/4 teaspoons salt, or to taste
- 11/2 cups water, or more as needed
- 10 ounces whole fresh mushrooms, quartered
- 1 (10-ounce) package frozen green peas, thawed
- Heat oil in a large, wide pot over medium-high heat until it shimmers. Sauté meat, stirring,

until browned on all sides, reducing heat if bits on bottom begin to burn, about 10 minutes. Transfer to a plate.

- ② Cook onion and tomato paste in pot over medium heat, stirring often, until onion is softened, about 5 minutes. Return meat to pot, stir in broth, and bring to a boil. Reduce heat to low and simmer, covered, until meat is tender, about 1½ hours.
- 3 Stir in carrots, potatoes, rosemary, thyme, bay leaf, red pepper, 1 teaspoon salt, and 34 cup water (or enough to just cover mixture), and simmer, covered, until vegetables are tender, about 45 minutes.
- Stir in mushrooms and remaining ¾ cup water (or enough to just cover mixture).

Simmer, covered, until mushrooms are tender, 10 to 15 minutes. Stir in peas and simmer until heated through, 1 to 2 minutes. Remove bay leaf and rosemary, and stir in remaining 1/4 teaspoon salt, or to taste.

[From our kitchen: You can make this up to 3 days ahead (and it'll even improve the flavor). Let cool, uncovered, before covering and chilling. Don't add the peas until reheating, though, to keep them from turning gray.]

PER 1½-CUP SERVING 300 CAL; 6.3g FAT (1.8g SAT); 24.7g PRO; 39g CARB; 6.7g FIBER; 884mg SODIUM; 48mg CHOL



Blipp to watch how easy this is (page 4 shows how) or go to armagazine.com/beef-and-vegetable-stew-video



Awesome and **Easy Creamy Corn Casserole**

armagazine.com/awesomecorn-casserole

"It's like a cross between corn soufflé and a slightly sweet corn pudding. And it's easy!" -LETS0000

- 2 large eggs

- 1 stick butter, melted
- 1 (8.5-ounce) package cornbread mix
- 1 (15.25-ounce) can whole-kernel corn. drained
- 1 (14.75-ounce) can creamed corn
- 1 Preheat oven to 350°F. Lightly grease a 9x9-inch baking dish.

bowl, then whisk in sour cream and butter. Add cornbread mix and both whole and creamed corn, stirring until combined. Pour into prepared dish.

3 Bake until top is golden brown, 50 minutes to 1 hour. Note from Letsgggo: The

ingredients can be doubled and baked in a 9x13-inch baking dish in almost the

[From our kitchen: You can make this 1 day ahead, although it won't be as moist. Reheat in a 350°F oven, covered with foil, until heated through, 15 to 20 minutes.]

PER SERVING 376 CAL; 22.4g FAT (12.2g SAT); 7.3g PRO; 40g CARB; 1.8g FIBER; 897mg SODIUM; 90mg CHOL



Blipp to see this in motion, or go to armagazine.com/ awesome-corn-casserole-





SAUSAGE CORNBREAD STUFFING

INGREDIENTS:

1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)

2 cups celery, chopped

1 cup onion, finely chopped

4 cups cornbread, toasted & chopped

1/4 cup fresh parsley chopped

1 tsp. poultry seasonin

Cup chicken broth

1 egg, lightly beaten

1/2 cup pecans, chopped (optional)

DIRECTIONS:

- PREHEAT oven to 325°F. Cook sausage, celery and onion in large skillet over MEDIUM-HIGH heat 8-10 min. or until sausage is thoroughly cooked; drain. Spoon into large bowl.
- ADD cornbread, parsley and seasoning; mix lightly. Add in broth, egg and mix until blended. Stir in pecans.
- 3. **SPOON** into lightly greased 2-quart casserole or soufflé dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min

PREP TIME: 20 min. COOK TIME: 45 min.

COOK'S TIP: To toast cornbread, bake at 400°F for 10 mir

SHARE YOUR FAVORITE SAUSAGE RECIPE, AND THE STORY BEHIND IT, USING **#JDFAMILYTABLE**AND YOU COULD BE FEATURED.





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WHAT'S IN YOUR RECIPE BOX?



Easy Caramelized Onion Pork Chops

armagazine.com/caramelized-onionpork-chops

"These easy-to-make pork chops go great with roasted red potatoes!" -PAMELA NEWLAND

- 4 (4-ounce) pork loin chops (1/2 inch thick)
- 2 teaspoons seasoning salt
- 1 teaspoon black pepper, or to taste
- 1 tablespoon vegetable oil
- 1 large onion (1 pound), thinly sliced [From our kitchen: For easiest slicing, halve onion lengthwise, then, with cut sides down, slice crosswise.]
- 1 cup water

- Rub chops on both sides with seasoning salt and pepper.
- 2 Heat oil in a large lidded skillet over medium heat until it shimmers. Brown pork chops, turning once, 4 minutes on each side. Add onion and water. Reduce heat and simmer chops, covered, 20 minutes. Turn chops over and simmer, covered, until tender, 15 to 20 minutes more. Transfer chops to a platter.
- 3 Increase heat to medium-high and cook onion mixture, uncovered, stirring frequently, until most of liquid evaporates and onion is golden, 4 to 6 minutes. Divide among chops.

PER 1-CHOP SERVING 207 CAL; 7g FAT (1.3g SAT); 27.9g PRO; 8.9g CARB; 1.2g FIBER; 870mg SODIUM; 64mg CHOL



Blipp to add these ingredients to your shopping list all at once, or save the recipe in your online recipe box—all with a few taps on your phone. See blipp details on page 4.

SAID

What a nice change, oven-baked pork chops. I took What a nice change from the advice of other reviewers and doubled the onion and used chicken broth instead of water. I also added some sliced red peppers for flavor and color. - DRUMNWRITE

I caramelized the onion and added a bit of beef bouillon and cornstarch to the water, and brought it to a boil. It thickened nicely and made a great sauce to drizzle over the chops. I used salt and red pepper to coat chops and season onions. —SARAH FRIEDMAN



LEFTOVER LOVE



No matter how delicious your holiday meal was, you want those turkey leftovers to taste like something new, right? Done! Here are five day-after recipes that deserve to be their own post-Thanksgiving tradition.





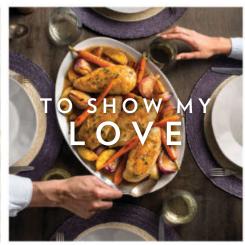






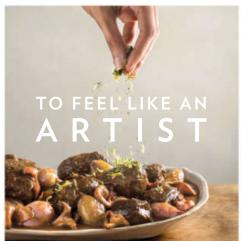




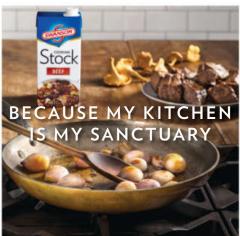


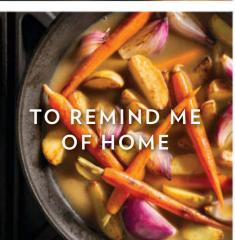


WHY I COOK









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FUNDAMENTALS of Flavor

Some people cook to share with friends and family. Others cook to comfort or to unwind. Whatever the reasons, one thing is clear: A DELICIOUS DISH STARTS WITH QUALITY INGREDIENTS. So, we sent some of the Allrecipes Allstars their favorite *Swanson*® ingredient and challenged them to create a recipe with it. Here are just two of the inspiring results, and a Q&A with the home cooks who made them.

Cheeky Cherry Acorn Squash

@ armagazine.com/cheeky-cherry-acorn-squash

"Oven-roasted acorn squash, tossed with freshly grated nutmeg, topped with an "oh-so-sweet & tangy" cherry-cranberry brandy sauce... all finished with lightly-toasted cinnamon almond slivers. The smell alone of this dish will bring home the holidays." -LadyJalapeno



INGREDIENTS

- 8 ounces fresh or frozen cherries, pitted
- 2 teaspoons white sugar

SQUASH:

- 1 acorn squash—cut in half lengthwise, peeled, seeded, and cut into 12 wedges
- 2 tablespoons grapeseed oil
- 1 teaspoon cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons sliced almonds
- ½ teaspoon ground cinnamon

CHERRY SAUCE:

- 1 teaspoon grapeseed oil
- 1 ounce brandy
- 1/2 cup Swanson® Unsalted Chicken Stock
- 1 teaspoon minced dried orange peel
- 1/4 cup dried cranberries
- 2 tablespoons cold butter, cut into small pieces
- 1/2 teaspoon vanilla extract
- 1 sprig fresh mint (optional)

DIRECTIONS

- Preheat oven to 400°F. Line a baking sheet with aluminum foil.
- 2. Place cherries in a bowl; stir in sugar. Set aside.
- 3. Mix 2 tablespoons grapeseed oil, 1 teaspoon cinnamon, nutmeg, salt, and pepper together in a gallon-size resealable plastic bag. Place acorn wedges into bag; shake to evenly coat with oil and spices. Place slices in a single layer on prepared baking sheet.
- 4. Bake in preheated oven for 20 minutes; turn wedges. Continue to bake until golden brown, about 20 additional minutes.
- **5.** Meanwhile, heat a saucepan over medium-high heat. Add sliced almonds and toast until fragrant, shaking pan to flip almonds, 1 or 2 minutes. Remove pan from heat. Transfer almonds to a bowl; sprinkle with ½ teaspoon cinnamon.
- 6. Heat 1 teaspoon grapeseed oil in the same saucepan over medium heat; slowly add cherry/sugar mix. Heat through over medium heat. Remove from heat and carefully add brandy. Place pan back on heat and simmer until nearly all the liquid has evaporated, stirring frequently, about 4 minutes. Add Swanson Unsalted Chicken Stock, orange peel, and dried cranberries. Bring to a simmer and reduce again by half, stirring frequently, 5 to 7 minutes.
- 7. Add cold, sliced butter and vanilla. Swirl pan until butter melts.
- Place acorn slices on a serving plate; pour cherry sauce over squash, and sprinkle with toasted almonds. Garnish with a mint sprig.



Jaana Bauman

LadvJalapeno

HOME TOWN:

Seattle, Washington

MEMBER SINCE: 2012

WHY I COOK:

Because I enjoy creating my own meals on a whim—it's never the same thing twice!



JAANA'S FUNDAMENTAL Cooking Tip

"Swanson is easily accessible, shelf-stable, and can be used to replace just about any liquid in any recipe. Plus, it adds just enough flavor to boost the recipe, instead of overpower it."





Apple-Curry Turkey Pitas

(d) (d) armagazine.com/apple-curry-turkey-pitas

"Simple, quick, and flavorful. Great for turkey leftovers. This is a good one for substitutions, too. I've used white wine in place of lemon, sour cream in place of yogurt, chicken in place of turkey, and Indian naan in place of pita bread. Enjoy!"—MOONNOOPLE

- 2 tablespoons olive oil
- 1 cup thinly sliced onion
- 1/3 cup low-sodium chicken broth
- 2 tablespoons lemon juice
- 9 ounces cooked turkey, cut into 1/2-inch pieces (about 1/2 cups)
- 1 tablespoon curry powder, or to taste
- 1/4 teaspoon salt

- 1 medium apple, diced [From our kitchen: Try using a tart apple, such as Granny Smith, Piñata, or Pink Lady, for extra contrast.]
- 3 pita bread rounds, halved crosswise and grilled or toasted
- 1/2 cup plain yogurt [From our kitchen: If you like, jazz up the yogurt by adding a little ground coriander and some chopped fresh cilantro.]
- Heat oil in a skillet over medium heat. Cook onion, stirring occasionally, until tender, about 10 minutes. Stir in broth, lemon juice, turkey, curry powder, and salt. Cook until heated through and liquid is absorbed, about 5 minutes. Remove from heat. Stir in apple.
- 2 Cut pitas in half, and stuff each half with about ½ cup filling. Dollop with yogurt.

PER 1/2-PITA SERVING 235 CAL; 7g FAT (1.4g SAT); 17g PRO; 25.5g CARB; 2.5g FIBER; 321mg SODIUM; 44mg CHOL

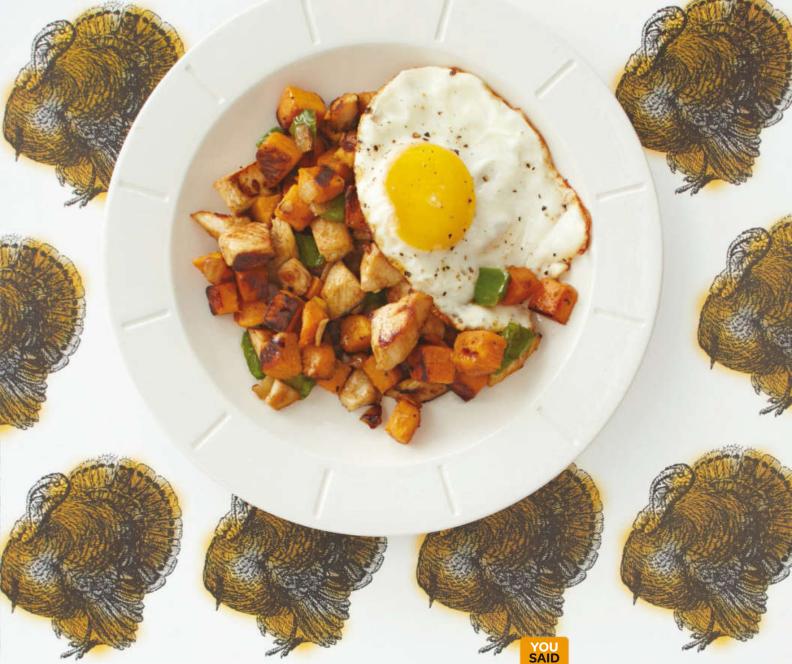
YOU SAID

I mixed in sliced grapes and celery to add more flavor and nutrients. I would definitely make this again. —NICOLE

My hubby and I loved these flavorful pitas. I served them with some spiced-up sweet potato wedges. Mmm, so good!
—BOHEMIANMAMA

My family has always snubbed curry dishes in the past, but they all really liked this! The curry is mild but flavorful and gave the sandwich a color my kids loved. If I think up some funky names for the color, maybe they'd eat more. —C. STUART





Sweet Potato Turkey Hash

oarmagazine.com/sweet-potatoturkey-hash

- 11/2 pounds sweet potatoes (4 small), peeled and cut into 1/2-inch dice [From our kitchen: You can use leftover baked or roasted sweet potatoes, too; just skip Step 1. You'll need about 5 cups.]
 - 4 tablespoons vegetable oil
 - 2 cups coarsely chopped yellow onion (1 large)
- 11/2 cups diced green bell pepper (2 large)
- 2 cups chopped cooked turkey
- 3/4 teaspoon ground cumin, or to taste 1 teaspoon salt
- 1/4 teaspoon black pepper

- O Bring a large pot of water to a boil. Add potatoes and boil until crisp-tender, about 2 minutes. Drain well.
- 2 Meanwhile, working in 2 batches, heat 1 tablespoon oil in an 8-inch skillet over medium-high heat. Sauté half of onion and bell pepper until tender, about 10 minutes.
- 3 Add another tablespoon oil to skillet, then stir in half of potatoes, turkey, cumin, salt, and pepper. Cook, pressing on mixture with a large spatula, until undersides begin to brown, about 5 minutes. Continue cooking, stirring occasionally, until browned in spots and lightly crisped, about 10 minutes. Make another batch in same manner. [From our kitchen: Top each serving with a fried egg if you like. Breakfast of champions!]

PER 3/4-CUP SERVING (NO EGG) 211 CAL; 8.3g FAT (1.2g SAT); 12.2 PRO; 22.3g CARB; 3.7g FIBER; 373mg SODIUM; 35mg CHOL

I made this the day after Thanksgiving with leftover smoked turkey breast and have been craving it ever since. My only change was to use poblano peppers instead of bell peppers. I loved it and ate it for breakfast three days in a row. -TWOSWEETPICKLES

I didn't crisp it. I used red and orange bell peppers, fresh minced garlic, and a minced jalapeño. And I stirred in two spoonfuls of turkey gravy at the end. —APROPOSOFNOTHING

To make it crispier, I put the hash on a foil-covered pan and broiled it for four minutes. -FIRSTRATE42



Day-After-Thanksgiving Turkey Pho

oarmagazine.com/day-after-thanksgivingturkey-pho

"Fragrant spices and rice noodles give leftover turkey noodle soup a Vietnamese makeover." - HELLO ANGIE

- 1 green cardamom pod
- 2 whole cloves
- 1 star anise pod
- 1 teaspoon fennel seeds
- 2 teaspoons coriander seeds Cheesecloth and kitchen string
- 1 (2-inch) piece fresh ginger, peeled and smashed
- 1/2 onion, peeled
- 1 turkey carcass
- 8 cups water, or more as needed
- 8 ounces dried flat rice noodles [From our kitchen: Look for these in the Asian section. Sometimes labeled "rice stick" or "rice stir-fry noodles," they're long and flat like fettuccine but made with rice instead of wheat.]
- 3 tablespoons fish sauce
- 3 cups shredded cooked turkey
- 1/4 cup torn fresh basil leaves
- 1/4 cup torn fresh cilantro leaves
- 1 lime, cut into wedges
- 1 tablespoon chile-garlic sauce (such as sriracha), or to taste

- 1 Toast cardamom, cloves, star anise, and fennel and coriander seeds in a small dry skillet over medium-low heat until fragrant, 5 to 7 minutes. Transfer to an 8-inch square of cheesecloth. Gather edges together, and tie with kitchen string to make a pouch. Sear ginger and onion in same skillet until lightly charred, about 3 minutes on each side.
- 2 Bring turkey carcass, water, spice pouch, ginger, and onion to a boil in a large pot over medium-high heat. [From our kitchen: To help it fit in your pot and extract even more flavor, cut the carcass and any large bones into smaller pieces with kitchen shears or a knife. If your turkey was heavily seasoned, you might want to give the carcass a rinse first. And if the broth isn't salty enough later? Add a little salt.] Reduce heat, and gently simmer, covered, until very flavorful, about 2 hours.
- 3 Meanwhile, cook noodles in a large saucepan of lightly salted boiling water until cooked through but still firm to the bite, 4 to 5 minutes or according to package directions. Drain well.
- Remove and discard carcass, spice pouch, ginger, and onion, then pour broth through a sieve into a large bowl. Stir in fish sauce. Divide rice noodles and turkey meat evenly among 4 serving bowls. Ladle broth on top. Scatter some basil and cilantro over each bowl. Serve with lime wedges and chile-garlic sauce.

PER 12/3-CUP SERVING 289 CAL; 3.7g FAT (1.1g SAT); 28.7g PRO; 32g CARB; 1g FIBER; 925mg SODIUM; 90mg CHOL

? This was so delicious! I've only had pho two other times, and this tasted just about as good. The spices were not as pronounced as I'd like them to be. but I did forget to toast them before adding them. (Oops!) I used half fish sauce and half soy sauce. I cooked the noodles right in the broth. -JUST_JAM

We made this without the star anise and fennel since we don't like those (licorice-like) flavors. -CALLISTA

I doubled the cloves and used a chicken carcass, and it came out exactly like the version served at a local restaurant down the road. This is my new pho base recipe! -ARNANDLOR

I more than double the spices. I use tons of ginger. And, lastly, I add a bit of brown sugar. -KELLY BARNES

This was awesome! The only thing I changed was I added about 2 cups more water to cover the bird completely. Otherwise, I left everything the same, and it turned out perfectly. - SHAWNR

Dad's Leftover Turkey Pot Pie

armagazine.com/dads-leftover-turkeypot-pie

"This is pot pie like you've never tasted. It won't last long."—KOB N.

- 1 cup frozen peas and carrots
- 1 cup frozen cut green beans
- 1/2 cup thinly sliced celery (1/2 stalk)
- 5 tablespoons plus 1 teaspoon butter (about 2/3 stick)
- 1/3 cup chopped onion
- 1/3 cup flour
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon celery seeds
- 1/4 teaspoon onion powder
- 1/4 teaspoon Italian seasoning
- 1 cup low-sodium chicken broth
- 2/3 cup milk
- 2 cups cubed cooked light and dark turkey meat
- 1 (15-ounce) package refrigerated, rolled, unbaked pie crusts (2 crusts)

- Preheat oven to 425°F. Put peas and carrots, green beans, and celery in a saucepan. Cover with water, and bring to a boil. Reduce heat to medium-low and simmer until celery is tender, about 5 minutes. Drain.
- ② Melt butter in a saucepan over medium heat, then cook onion, stirring, until translucent, about 5 minutes. Stir in flour, salt, pepper, celery seeds, onion powder, and Italian seasoning. Slowly add broth and milk, whisking. Bring to a simmer, whisking constantly, and cook until thickened, about 3 minutes. Remove from heat. Stir in vegetables and turkey.
- ② Line a 9-inch pie plate with 1 crust. Spoon in turkey mixture. Moisten rim of bottom crust with water and set remaining crust on top. Pinch and roll top and bottom crust edges together to seal. Cut several small slits in top crust with a sharp knife. [From our kitchen: For better browning, brush the top with water-thinned beaten egg yolk.]
- Bake until crust is golden brown and filling is bubbly, 30 to 35 minutes. If crust browns too quickly, tent with foil. Cool 10 minutes before serving.

[From our kitchen: We halved the original recipe to make one pie, but if your leftovers are plentiful,



For extra flavor and to preserve nutrients, simmer the vegetables in the broth instead of water, then whisk the broth and vegetables into your onion-and-flour mixture:) — @IARVINO

This was fantastic! So easy and quick to make. I used a bag of mixed veggies (corn, peas, carrots, green beans, lima beans). My whole family loved it. —MOM2HMNBP

go ahead and double it. You can always freeze the second pie for later. Baked frozen pot pies can be reheated straight out of the freezer in a 350°F oven.]

PER SERVING 566 CAL; 32g FAT (14.7g SAT); 19.4g PRO; 51g CARB; 3g FIBER; 784mg SODIUM; 76mg CHOL



Blipp to see this recipe in motion (details on page 4) or go to armagazine.com/dads-leftover-turkey-pot-pie-video



Roasted Butternut Orange Risotto

armagazine.com/roasted-butternut-orange-risotto

"Roasted butternut squash chunks are stirred into a creamy orange-flavored risotto, made flavorful with Swanson® Unsalted Chicken Stock, and garnished with dried cranberries and chopped pecans." -Doug Matthews



INGREDIENTS

- 2 cups cubed butternut squash
- 3 tablespoons olive oil, divided sea salt to taste ground white pepper to taste
- 4 cups Swanson® Unsalted Chicken Stock
- 2 cups orange juice
- 1 large sprig fresh rosemary
- 1 sweet onion, diced
- 1¼ cups Arborio rice
- 2 tablespoons butter
- 1/3 cup chopped dried cranberries
- 1 tablespoon chopped pecans



DIRECTIONS

- Preheat oven to 400°F.
- 2a Toss butternut squash chunks lightly with 1 tablespoon olive oil and a pinch of sea salt and white pepper. Spread on a roasting pan and bake in preheated oven until fork tender. 15 to 20 minutes.
- 3. Combine Swanson Unsalted Chicken Stock, orange juice, and rosemary in a saucepan. Bring to boil; reduce heat to low or a heat level that allows it to slowly simmer.
- 4 Heat 2 tablespoons olive oil in a large saute pan over medium heat. Add onions and saute until the onion is translucent, 3 to 5 minutes. Add Arborio rice and cook and stir until rice is coated and starting to toast, 1 to 2 minutes.
- 53 Pour in 1 cup of the Swanson Unsalted Chicken Stock/ orange juice mixture and stir until liquid is absorbed into the rice.
- 6. Continue to add liquid ½ cup at a time, stirring until well absorbed before adding the next ½ cup until all the liquid has been added, about 30 minutes. Remove pan from heat; discard rosemary sprig. Stir in roasted butternut squash, butter, and dried cranberries. Season with salt and white pepper. Top with chopped pecans.



DOUG'S FUNDAMENTAL Cooking Tip

"I always use **Swanson Unsalted Chicken Stock**because it gives full flavor
to any recipe."

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Turkey-Pumpkin Enchiladas

💮 armagazine.com/turkey-pumpkinenchiladas

"Serve with sour cream and shredded lettuce, if desired."—HEATHERCAKES

- 4 cups chopped cooked turkey (11/2 pounds)
- 1 (15-ounce) can low-sodium refried beans
- 1 (29-ounce) can pure pumpkin purée
- 21/2 tablespoons taco seasoning [From our kitchen: For a lower-sodium option, mix together 1 tablespoon chili powder, 11/2 teaspoons ground cumin, 1 teaspoon black pepper, 1/2 teaspoon each salt and paprika, and 1/4 teaspoon each garlic powder, onion powder, crushed red pepper, and dried oregano.]
 - 1 (29-ounce) can no-salt-added tomato sauce
- 1/4 cup low-sodium chicken broth
- 1 chipotle pepper in adobo sauce. chopped (1 tablespoon), or to taste

- 8 (10-inch) whole-wheat tortillas
- 8 ounces cheddar cheese, shredded [From our kitchen: For extra-gooey enchiladas, shred the cheese yourself. Pre-shredded cheese, coated with potato starch to avoid clumping in the bag, melts a little differently.]
- 1 Preheat oven to 375°F. Spray a 9x13-inch baking dish with cooking spray.
- 2 Stir together turkey, beans, pumpkin, and taco seasoning in a large bowl. Purée tomato sauce, broth, and chipotle in a blender until smooth, about 30 seconds.
- Spoon 1 cup turkey filling in a line across middle of each tortilla. Fold top and bottom flaps of tortilla towards center, then fold sides inward to enclose filling. Transfer, seam side down, to baking dish. Make 7 more enchiladas in same manner. Pour tomato mixture over enchiladas in pan and sprinkle with cheese
- 4 Bake until cheese has melted and sauce is bubbling, 35 to 45 minutes. Let stand 10 minutes before serving.

PER SERVING 551 CAL; 18.1g FAT (7.8g SAT); 40g PRO; 57g CARB; 29.6g FIBER; 1,127mg SODIUM; 100mg CHOL YOU SAID

🔁 This was so good. I added some fresh spinach to the filling. The only change I'd make next time would be the beans. The filling was very soft, and I'd prefer a bit more texture, so I'll use a can of whole black beans and smash up half of them, leaving some whole. -LINDAT

This was amazing. It's like fall in an enchilada! I added a little ginger and nutmeg and sprinkled some cinnamon in the pumpkin mixture. I also used a can of enchilada sauce instead of making sauce. -MEGAN BUCHHOLZ

Very, very good! I used a fresh winter squash in place of canned pumpkin and about five chipotles. (It didn't taste very hot when blended. But, after it was cooked, it was really hot!) I will definitely make this again. —ITSMEGZ8322











SEASONAL SMARTS



LEFTOVER LOGIC

Not sure if the leftover turkey's still good? What about leftovers of leftovers? Here are some simple food-safety rules to live and dine by.

- 1. The two-hour rule. Because keeping hot foods hot and cold foods cold slows spoilage, it's safest to refrigerate, freeze, or thoroughly reheat any food that has been sitting out at room temperature for up to two hours-and to discard leftovers that have been left out longer than that.
- 2. The smaller-is-better rule. Before storing leftovers, it's wise to slice up any big hunks of meat, remove stuffing from the bird, and divvy up large quantities among several shallow airtight containers or ziptop plastic bags. Storing in smaller portions allows the food to chill more quickly and evenly, helps avoid overheating your fridge, and lets you take out only as much as you need for those midnight sandwiches.
- 3. The three-day/four-month rule. Most leftovers will keep three or four days in the fridge or up to four months in the freezer. (Technically, your turkey leftovers could stay in the freezer until next year's Thanksgiving dinner, but they likely wouldn't taste great. Many foods lose flavor, moisture, and texture after the first few months in the freezer.)

4. The "leftover leftovers" rule. If you nuked a little too much turkey or you just couldn't eat all of the enchiladas you made with that leftover pumpkin, not to worry. You can stick any leftover leftovers back in the fridge or freezer within two hours of their last thorough heating. In fact, leftovers can be reheated and re-chilled as many times as you'd like within four days of their initial cooking. Just know that they'll lose a little moisture with each hotcold cycle.

5. The reheat-it-right rules. Most refrigerated leftovers can be reheated in shallow covered baking dishes in a 350°F oven or in covered pans over medium heat on the stovetop. Just stir occasionally and add a little broth or water to remoisten and prevent scorching. For speedier reheating, you can zap leftovers in a covered dish in the microwave, rotating the dish and stirring occasionally, until heated through. Whichever way you choose, the internal temp you're going for is a steamy 165°F. -LAUREN0926

Leftover Showdown: We're on the hunt for the best day-after dish, in 140 characters or less. Tweet yours and tag it #MyAllrecipes #LeftoverDoOver (Psst! We retweet our faves!)

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Parkin to Perfection

When the Brits celebrate Bonfire Night in November, flames are only part of the tradition. Genevieve Robison, Allrecipes U.K.'s online editorial producer, shares the story and one of the recipes that goes with it.

emember, remember, the fifth of November... While this verse may not be immediately recognized universally, it's well known among British citizens. Referring to Guy Fawkes Night (or Bonfire Night), the chant recounts the story of gunpowder plotters who hid dozens of barrels of explosives beneath the Palace of Westminster in London in an attempt to blow up the Houses of Parliament and kill King James I. Guy Fawkes was the unfortunate individual caught guarding the explosives in the early hours of November 5, 1605. The thwarting of the plot is celebrated every year by setting off fireworks and burning his effigy in bonfires around the country.

We have several traditional foods associated with Guy Fawkes Night. Since the weather is pretty chilly in November and everyone is usually bundled up in hats and gloves, these recipes are intended to warm us up or give us sugary sustenance. People often cook

"jacket potatoes" (baked potatoes with the skins on) in the bonfire, eat crunchy cinder toffee (aka honeycomb or sponge toffee) and toffee apples, and in Northern England, we have parkin.

Parkin is a winter cake made with oats (which used to be less expensive than wheat in the region) and treacle, an intensely flavored syrup made of sugar, with both light and dark varieties. Dark treacle is very similar to molasses, and light treacle (also known as golden syrup) is closer to honey or corn syrup. Since dark treacle can be hard to find in the U.S., molasses is given as an alternative in the recipe below. Parkin is made several days (or even weeks) before eating, wrapped in paper and left to mature, traditionally in a tin or wooden box. This transforms it into a rich, sticky, moist cake. Recipes vary throughout the region: Some change the amount of oats and treacle, some use lard in place of butter, and some add ground ginger. Parkin is cut into thick squares and eaten along with a toffee apple...or three. —GENEVIEVER

Perfect Parkin

armagazine.com/perfect-parkin

- 1 stick butter
- 2/3 cup packed dark brown sugar
- 1/2 cup plus 1 tablespoon golden syrup (such as Lyle's)
- 1/3 cup molasses
- 11/2 cups self-rising flour
- 1/2 teaspoon baking soda
- 1 cup quick-cooking oats
- 1 large egg
- 1/2 cup milk
- 1 Preheat oven to 300°F. Grease a 9-inch square baking pan and line with parchment

molasses in a saucepan and cook over low heat, stirring constantly, until butter is melted and mixture is smooth, 4 to 5 minutes. Remove from heat and let mixture cool 5 minutes.

- 3 Whisk together flour, baking soda, and oats in a large bowl. Stir in butter mixture. Add egg, then milk, and stir until well combined. Pour batter into prepared pan and spread evenly.
- Bake until a toothpick inserted into center comes out clean, about 1 hour, 20 minutes. [From our kitchen: Resist the urge to open the oven door for the first hour of baking—it can cause the cake to sink in the middle.] Remove from oven and let cool completely in pan, about 11/2 hours. [From our kitchen: The top will form a hard crust when

5 Cover pan tightly with foil or plastic wrap, without letting it touch surface of cake, and let stand at room temperature for at least 1 day. Cut into squares to serve.

[From our kitchen: You can—and we think you should!—make this at least 1 day ahead and up to 5 days. As the cake sits, it softens to become tender and a bit gooey. Be sure to keep it tightly wrapped and out of direct sunlight.]

PER 1-SQUARE SERVING 197 CAL; 6.8g FAT (4g SAT); 2.5g PRO; 26g CARB; 0.8g FIBER; 260mg SODIUM; 27.7mg CHOL



Blipp this page to explore the Allrecipes

U.K. site! Or visit allrecipes.co.uk 2 Stir together butter, sugar, golden syrup, and it's completely cool.] SUBMITTED BY GenevieveR PREP 20 min соок 1 hr, 25 min READY IN 27 hr, 20 min (includes cooling and maturing) MAKES 16 squares New to the U.S. site! Be the first to rate and review. 44 allrecipes.com nov 2015



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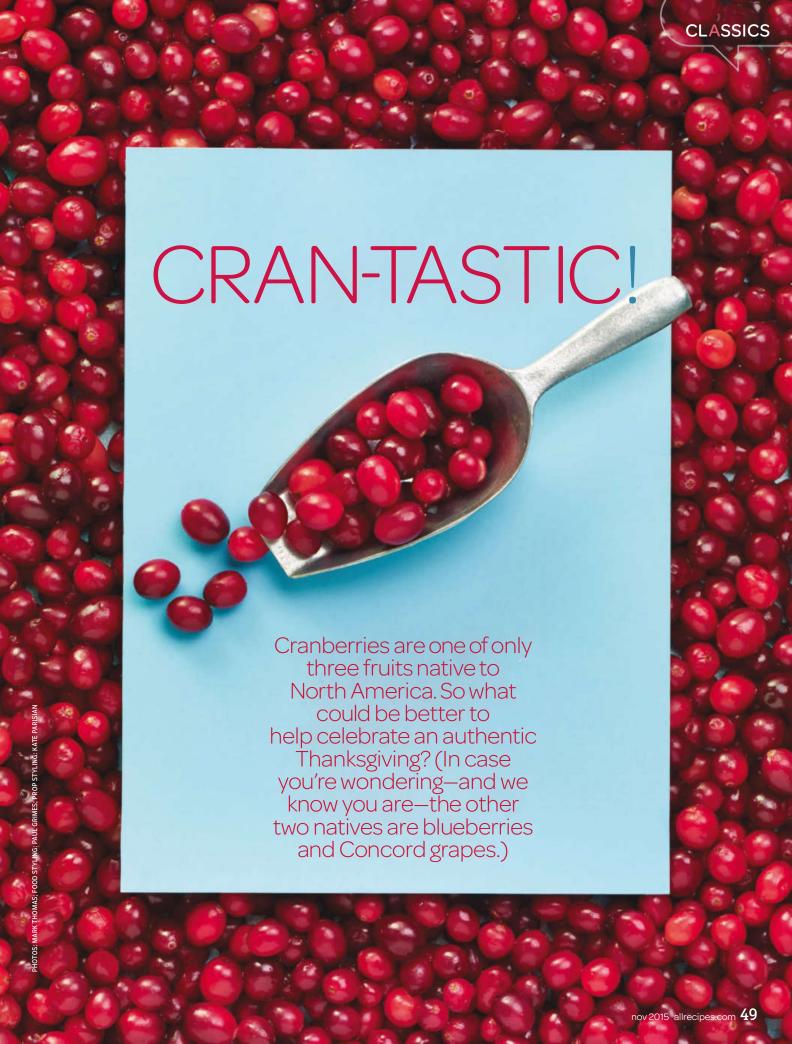


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Cranberry Nut Bread I

armagazine.com/cranberry-nut-bread-i

"A moist quick bread with a faint hint of orange and the tang of cranberries." -KARIN CHRISTIAN

- 2 cups flour
- 3/4 cup sugar
- 3/4 teaspoon salt
- 11/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 cup chopped fresh or frozen cranberries
- 1/2 cup chopped walnuts [From our kitchen: Sub in pecans if you like.]
- 2 tablespoons vegetable oil
- 1 tablespoon finely grated orange zest
- 3/4 cup orange juice

- 1 Preheat oven to 350°F. Grease a 9x5-inch loaf pan.
- 2 Stir together flour, sugar, salt, baking powder, and baking soda in a bowl. Add cranberries and walnuts and stir to coat. Whisk together egg, oil, zest, and juice in another bowl. Add egg mixture to flour mixture, and stir until just blended. Pour into prepared pan.
- 3 Bake until a toothpick inserted in center comes out clean, about 50 minutes. Cool in pan 10 minutes, then remove to a wire rack and cool completely, about 2 hours.

[From our kitchen: Wrapped well, this keeps 4 days at room temperature and up to a month frozen.]

PER 3/4-INCH-SLICE SERVING 233 CAL; 7.3g FAT (0.9g SAT); 4.3g PRO; 39g CARB; 1.7g FIBER; 300mg SODIUM; 19mg CHOL

SAID

This bread was wonderful and takes no time to whip together. After greasing the pan, I sprinkled in cinnamon and sugar to give the crust a sweet crunch. -ABIGAILG816

Other than doubling the amount of berries to 2 cups and keeping them whole, I didn't change a thing. Don't overbake; 50 minutes is exactly right. For a prettier bread, put some cranberries on top of the batter before you bake it. -MOMMYFROMSEATTLE

I 'healthed it up' by using wholewheat flour, about half the sugar, and 1/4 cup applesauce instead of the oil. -VERONICA

I made mini loaves to put in gift liked them. It was very tasty and





Cranberry Clafouti

rmagazine.com/cranberry-clafouti

"This is an excellent dessert for the holidays—cranberries in a whole new way. Be sure your ingredients are at room temperature."—SHELIVO

- 1 (12-ounce) bag fresh cranberries [From our kitchen: If using frozen, thaw and pat dry.]
- 1 cup whole milk
- 1 cup heavy whipping cream
- 4 large eggs
- 2 egg yolks
- 3/4 cup granulated sugar
- 1/4 cup orange liqueur (such as Grand Marnier)
- 2 teaspoons vanilla extract
- 1/8 teaspoon salt
- 6 tablespoons flour

2 tablespoons powdered sugar, or more to taste

- Preheat oven to 325°F. Grease a 9-inch round or 9x13-inch baking dish and spread cranberries evenly over bottom.
- Whisk together milk, cream, eggs, and yolks in a bowl. Add granulated sugar, liqueur, vanilla, and salt. Gradually add flour, whisking constantly until smooth. Pour egg mixture through a sieve over cranberries.
- Bake until edges puff but center still jiggles slightly, about 30 minutes. Let cool 30 minutes, then dust with powdered sugar.

PER 1/2-CUP SERVING 316 CAL; 15.7g FAT (8.7g SAT); 6.2g PRO; 36g CARB; 2.1g FIBER; 100mg SODIUM; 183mg CHOL



Add these ingredients to **your shopping list** all at once! Page 4 shows how easy it is.

7 THINGS YOU DIDN'T KNOW ABOUT CRANBERRIES

- Fresh cranberries bounce, thanks to the four small air pockets in each berry. Just think: a new way to entertain your Thanksgiving guests!
- Cranberries don't grow in water, as most people think, but on perennial vines in sandy bogs and marshes. Why the misconception? When it's time to harvest, growers flood the beds so berries float to the top.
- Fans of jellied cranberry sauce can thank cranberry-bog owner Marcus Urann for this classic. Looking for a way to sell cranberries year-round, he was the first to devise methods for canning the berries. That perfect cylinder of ridged delight that today trembles on holiday tables everywhere was first sold in 1941. The fruit's natural pectin is what gives it a gelatin consistency.
- Native Americans used cranberries to create the original energy bar. Pemmican, a highprotein mash of dried deer meat, fat tallow, and cranberries, could keep for months.
- Wisconsin is the top cranberry producer in the U.S. So great is its affection that in 2004, the state declared cranberry its official fruit. (Runners-up: Massachusetts and New Jersey)
- Berries are born white and turn crimson only as they ripen.
- Cranberries are finicky, requiring acidic soil, plenty of fresh water, and a long winter's nap—going dormant, that is—which accounts for their limited availability year-round. But fresh berries can hang around up to nine months frozen in the bag.

Mom's Cranberry-Apple Pie

armagazine.com/moms-cranberry-apple-pie

"This is a modified apple pie recipe my mother has had for years. I prefer a combination of Braeburn, Fuji, and McIntosh apples."—\$AKA\$UN\$HINE

- 1 (15-ounce) package refrigerated, rolled, unbaked pie crusts (2 crusts)
- 21/2 pounds apples, peeled, cored, and sliced (4 cups)
 - 2 cups fresh or thawed frozen cranberries, patted dry
- 3/4 cup sugar
- 21/2 tablespoons cornstarch
 - 1 teaspoon cinnamon
 - 2 tablespoons butter, cut into bits

1 Preheat oven to 400°F.

② Line a 9-inch pie plate with 1 crust. Add sliced apples and scatter cranberries over them. Whisk together sugar, cornstarch, and cinnamon in a small bowl and sprinkle mixture over cranberries. Dot with butter.

- Moisten rim of bottom crust with water and set remaining crust on top. Trim excess dough with kitchen shears or a paring knife. Press top and bottom crust edges together, fold under, and crimp or flute edges. Make several slits in top crust to allow steam to escape.
- Put pie on a baking sheet to catch any drips, and bake until browned and filling is bubbling, 45 minutes to 1 hour.

PER SERVING 373 CAL; 18g FAT (5.6g SAT); 3.1g PRO; 52g CARB; 4.4g FIBER; 255mg SODIUM; 8mg CHOL

SAID

I loved this pie, and I don't even like apple pie! I fold together the apples and cranberries with the sugar, cornstarch, and cinnamon before adding them to the crust.—MOLLY

This pie has a refreshing tartness that's usually absent from the Thanksgiving table. On a scale of 1 to 5, my husband gave it a 10.

—BUSYCOOK

I added ¼ cup coarsely chopped walnuts and ½ teaspoon orange zest. Delicious! Even my picky mother liked it. —FARBNICE





Cranberry-Orange Cookies

armagazine.com/cranberry-orange-cookies

"A nice treat to have during the holidays, but don't expect them to stay around long. These cookies are tart, delicious, and beautiful."—MORDAYIA

FOR DOUGH

- 2 sticks butter, softened
- 1 cup granulated sugar
- 1/2 cup packed brown sugar
- 1 egg
- 1 teaspoon finely grated orange zest
- 2 tablespoons orange juice
- 21/2 cups flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups chopped fresh or frozen cranberries (7.25 ounces)
- 1/2 cup chopped walnuts (optional)

FOR ICING

- 1/2 teaspoon finely grated orange zest
- 3 tablespoons orange juice
- 11/2 cups powdered sugar

Make dough:

• Preheat oven to 375°F. Position 2 racks in upper and lower thirds of oven.

- ② Beat together butter and sugars in a large bowl until smooth. Beat in egg until well blended. Stir in zest and juice.
- Whisk together flour, baking soda, and salt in a separate bowl, then stir into orange mixture. Stir in cranberries and walnuts (if using) until evenly distributed.
- Drop rounded tablespoons of dough at least 2 inches apart onto ungreased cookie sheets. [From our kitchen: A small ice cream scoop gives you just the right size ball of dough. We needed 3 cookie sheets for this recipe, and baked 2 at one time—I sheet on top rack, I on bottom—then the third sheet in another batch by itself, on top rack.]
- Bake until edges are golden, 12 to 14 minutes.

 Transfer cookies to wire racks to cool, about
 15 minutes.

Make icing:

• Stir together zest, juice, and powdered sugar in a small bowl until smooth. Brush or drizzle on cooled cookies. Let stand until set, 3 to 4 minutes.

[From our kitchen: These keep up to 5 days, layered between wax paper in an airtight container. We don't recommend freezing them.]

PER 1-COOKIE SERVING 110 CAL; 4.8g FAT (2.5g SAT); 1.1g PRO; 16.2g CARB; 0.5g FIBER; 67mg SODIUM; 14mg CHOL SAID

These cookies look so beautiful with the red cranberry pieces. I chopped mine pretty finely in a food processor and it made them look like little jewels in the cookies.—WILVFLOWER.

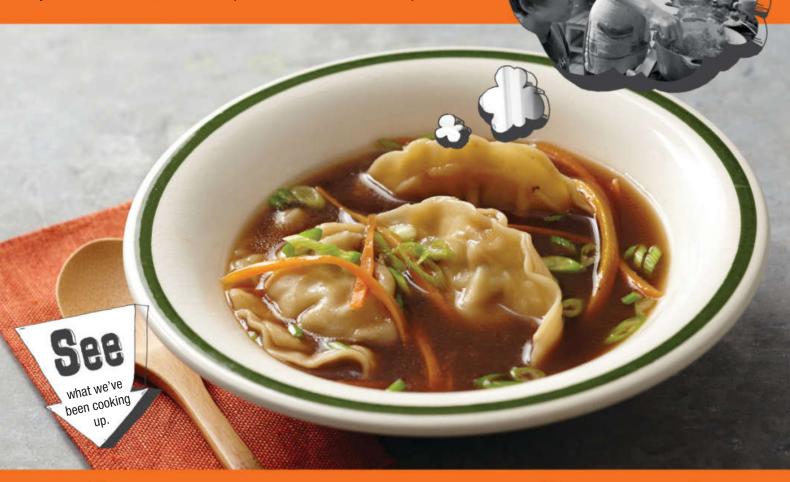
I soaked dried cranberries in orange juice while the butter softened to help them get a little plump. This reminds me of the scones I get on campus and was craving so badly during break. —MSKENZIE

I followed the recipe exactly except to add ½ teaspoon of almond flavoring. Everyone in my family gave these five stars! —MARIANNE

I decided to try the cookies without the frosting first because of some reviews saying they were too sweet. I thought they were perfect, so why hassle with the icing? Also, if I left them in the oven even one second longer than 12 minutes, they were overcooked. — FROOKE SALI

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Cranberry Jam Bars

armagazine.com/cranberry-jam-bars

FOR JAM

- 1 (12-ounce) bag fresh or frozen cranberries (if frozen, no need to thaw)
- 2/3 cup granulated sugar
- 1/2 cup water

FOR DOUGH

- 11/2 cups flour
 - 1 cup rolled oats (not quickcooking)
- 2/3 cup chopped pecans or walnuts
- 3/4 cup packed light brown sugar
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- stick unsalted butter, cut into tablespoon pieces and at room temperature

Make jam:

• Bring cranberries, granulated sugar, and water to a boil in a saucepan over medium heat, stirring frequently. Reduce heat and simmer, stirring and mashing cranberries, until mixture is very thick, about 15 minutes. Cool completely, about 30 minutes.

Make dough:

- Preheat oven to 350°F. Line bottom and sides of an 8-inch square baking pan with foil and spray with cooking spray.
- ② Pulse all ingredients except butter in a food processor 3 times to mix. Add butter and pulse until mixture begins to clump. Firmly press half of dough evenly in bottom of prepared pan. Spread with jam, then sprinkle on remaining dough and gently press into an even layer.
- Bake until golden brown, 45 to 50 minutes. Cool completely in pan on a rack. Lift foil to remove pastry from pan and cut into bars.

[From our kitchen: The jam and dough can be made 3 days ahead and chilled separately. Bars keep 5 days in an airtight container.]

PER 1-BAR SERVING 189 CAL; 8.5g FAT (3.6g SAT); 2.2g PRO; 27.4g CARB; 2g FIBER; 83mg SODIUM; 14mg CHOL



Which kind of cranberry sauce just has to be on your Thanksgiving table: jellied, chunky, or canned? Vote in our poll (page 4 shows how easy it is), then share the results with your friends!





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Take Your Temperature

Meat thermometers: While they're necessary for safely cooking that turkey, roast beef, or pork tenderloin, they're not all created equal. We sent a few popular styles to some of our Allrecipes Allstars* to test them out, so you can have your preferred model in hand for Thanksgiving!

Polder Classic Digital Thermometer and Timer

A digital timer/readout screen sits on the counter, connected to the leave-in probe by a heat-resistant silicone cord. \$25 at polder.com Overall rating: * * * *



This thermometer is very accurate and user-friendly. The alarm, however, is quiet in comparison to my toddler." —JAANA SMITH BAUMAN



It was a huge asset in helping me time my full meal. I could read it at a glance without opening the oven and letting the heat escape, which allowed me to gauge when to start preparing side dishes." -HAPPYSCHMOOPIES



I love how versatile it is. It gave me a perfect medium-rare roast and works great for making candy, too!"—MAUIGIRL

Lavatools Javelin

Compact and splash resistant, this thermometer features a thin, tapered probe and 4-second response time. \$28 at lavatools.co Overall rating: * * * *



I really like the compact size and quick readout! Our poor little analog thermometer now sits abandoned in the drawer." - MARIATHESOAPER



This thermometer made me confident that my meat was cooked correctly. Bring on Thanksgiving, 'cause I'm cooking the turkey this vear!"-NASHVILLE NOSHER



It worked great on larger roasts cooked in the oven, but we had problems getting consistent readings with thinner cuts of meat on the grill." -KGORA

CDN ProAccurate Meat/Poultry Ovenproof Thermometer IRM200-Glow

A leave-in thermometer with a 2-inchdiameter dial with glow-in-the-dark digits and a temperature guide for all types of meats. Dishwasher safe: top rack only. \$11 at amazon.com

Overall rating: ***



The large dial with neon numbers is easy to read through the oven window, but its size makes it difficult to keep the thermometer from toppling over in smaller cuts of meat."—DEB C



Temp readings were accurate, and I liked that it is dishwasher safe. A protective cover or case to store it in would be nice. though."—LILLIAN

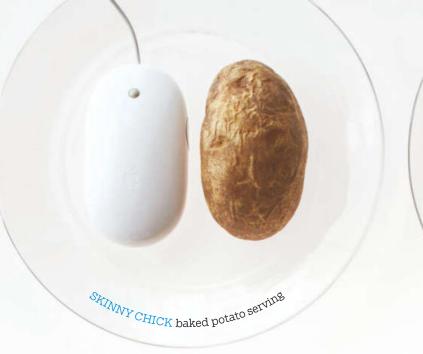


The first time I used it, the results were outstanding. I washed it by hand and put it away. The next time I used it. the needle didn't move at all. I'm afraid it broke after just one use." - ARIZONA PESERT FLOWER

*The Allstars are Allrecipes superfans, a select group of our most passionate and actively engaged community members. To learn more about becoming an Allstar, go to armagazine.com/allstars



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Size Does Matter

You don't have to deny yourself the food you want. Just embrace the power of portioning. By MargeP

have to vent. This has been building up for I don't know how long, driving me more than a little crazy. For years, nutritionists and government agencies like the U.S. Department of Agriculture have been giving us nifty visual tricks to be sure we know portion sizes. You've seen them: A meat portion should be about the size of a deck of cards, a pasta serving is equivalent to a baseball, and so on.

But here's my beef (yeah, pun intended). When I eat a carddeck-size chicken breast, a pasta portion the size of my fist, and lots of vegetables, I'm actually OK-it's the right amount for me. But for my husband, that meal is just a tease—more appetizer than dinner. All those visual cues don't take into account that at 5 foot 2 inches, I need a whole lot less to feel satisfied than my 6-foot-tall husband does. He gets to eat much more to maintain his weight. In fact, he eats more and loses weight faster, thanks to his higher muscle percentage. It's so not fair!

How much we weigh, how much we exercise, and even how

much we fidget all make a difference in how much we can eat to maintain our weight. While there's a lot of debate in the diet-research world about whether weight is purely the result of calories in and calories out, our size—and portion sizes—are crucial. At one end of the spectrum, there's Skinny Chick, who never exercises or gains weight (hate her); at the other end, there's Big Dude, who, like my husband, works out daily. Most of us fall somewhere in the middle.

At this time of year, when cookies seem to bound toward me like I'm their long-lost mother, and butter and cream sauces rain from the heavens, portion control is my only hope. The seductive food that starts at Thanksgiving (or is it Halloween?) and goes on straight through New Year's makes abstinence cruel and (for some of us) nearly impossible.

So let's be real. While other factors—like what else you've eaten that day—can certainly play into it, these portion guidelines give you something realistic to aim for.









PORTIONS THAT ACTUALLY MAKE SENSE

These easy-to-picture guidelines are based on the fact that Skinny Chick can maintain her weight with about 1,600 calories per day while Big Dude can scarf down up to 2,800. I may not be Skinny Chick, but I'm still going to aim for her portion sizes, knowing that I can get tastes of all my favorite holiday foods without gaining weight.

Baked Potato

Try drizzling your baked potato with olive oil, salt, and pepper (or red pepper) rather than the usual sour cream and butter. *Skinny Chick:* the size of a computer mouse (1 small potato) Big Dude: the size of a smartphone, nearly 5 inches long (1 medium potato)

Get more out of your cheese portion by slicing it thinly and

eating it on top of a sliced apple or pear instead of crackers. Skinny Chick: the size of your thumb or 2 dice, about 1 ounce Big Dude: the size of a 9-volt battery, about 11/2 ounces

Spreads and Dips

Beware of soft-cheese spreads, nut butters, and thick, dairybased dips. Hummus, for example, may not be as filling, but it also has less than half the calories.

Skinny Chick: enough to fill an average lipstick case, about 1 tablespoon

Big Dude: a Ping-Pong ball-size dollop, 2 tablespoons

Rice is denser than pasta, so you need a smaller serving size to get the same number of calories.





Skinny Chick: about the size of 2 eggs, 1/2 cup Big Dude: the size of a baseball, about 1 cup

Meat

Take into account how lean the meat is: Leaner meats allow you to eat larger portions for the same amount of calories. Skinny Chick: about the size of an English muffin or computer mouse, about 3 ounces cooked

Big Dude: a steak the circumference of your palm (4x3½ inches) and as thick as your hand (1 inch), about 5 ounces cooked

Nuts

Nuts are a great choice when you want to stave off hunger. Their protein-carbohydrate combo fills you up better and longer, calorie for calorie, than most other foods.

Skinny Chick: the size of an egg, 3/4 ounce Big Dude: the size of a lemon, 11/4 ounces

Potato Chips

The problem with chips is that they're just so hard to stop eating. Your best bet is to buy preportioned small bags or to put your portion on a napkin and walk away from the bowl.

Skinny Chick: 1 cupped palm-full, about 1/3 cup, or 3/4 ounce Big Dude: 1 cupped palm-full, about ½ cup, or 1 ounce (his palm is bigger than hers)

Pasta

Most pasta doubles in size when cooked. Skinny Chick: a mound the size of your fist, 1 cup Big Dude: a pile as big as a small grapefruit, 1½ cups

Cookies, Cake, and Candy

When it comes to sweet treats, the best form of portion control applies equally to Skinny Chick, Big Dude, and all of us in between.

- You'll eat less when you bake preportioned treats like the Cheesecake Cupcakes (below). You can even buy pans that allow you to bake in preportioned slices, and muffin tins can be a portion-watcher's best friend.
- Use a mini ice cream scoop to form your cookies.
- Keep bite-size candies in opaque (not transparent) containers, and research shows you'll eat a lot less.
- Eat dessert on small plates. If a small slice of pie looks tiny on a big plate, you'll want (and eat) more.

Cheesecake **Cupcakes**

armagazine.com/cheesecake-

From our kitchen: We tweaked Janice Reesman's recipe to yield 12 regular-size cupcakes rather than minis.

- 2 (8-ounce) packages cream cheese [From our kitchen: Low-fat cream cheese would save you about 30 calories and 4 grams of fat, but we think regular cream cheese works and tastes better.]
- 3/4 cup sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 3/4 cup finely crushed vanilla wafers (12 to 18 wafers) [From our kitchen: You can use any flavor cookies, such as chocolate, graham, or shortbread.]
- 3/4 cup canned cherry pie filling [From our kitchen: You could top these with fresh berries instead of the pie filling to lower calories.]
- 1 Preheat oven to 350°F. Line a 12-cup muffin pan with paper liners.
- 2 Beat cream cheese with an electric mixer at medium speed until completely smooth, 1 to

2 minutes. Gradually add sugar and beat until dissolved, about 2 minutes. Beat in eggs 1 at a time; add vanilla and continue beating until very smooth, about 1 minute more. Put 1 tablespoon wafer crumbs in each cup and top with rounded ¼ cup batter.

3 Bake until puffed and set, about 17 minutes (some tops may crack slightly). Cool in pan on a rack 30 minutes, then transfer pan to refrigerator and chill at least 11/2 hours. Top each cupcake with 1 tablespoon cherry (or any other flavor) pie filling.

[From our kitchen: These can be baked and topped 3 days ahead and chilled, covered.]

PER 1-CUPCAKE SERVING 350 CAL: 19.1g FAT (9.3g SAT); 4.6g PRO; 41g CARB; 0.5g FIBER; 277mg SODIUM; 73mg CHOL

SAID

SUBMITTED BY Janice Reesman PREP 20 min соок 17 min READY IN 2 hr, 40 min (includes cooling) MAKES 1 dozen **RATING** **** 240 reviews

My mother used to make these with one difference: She would drop a whole vanilla wafer in the bottom of the cupcake wrapper instead of making a crust. — PMER 2

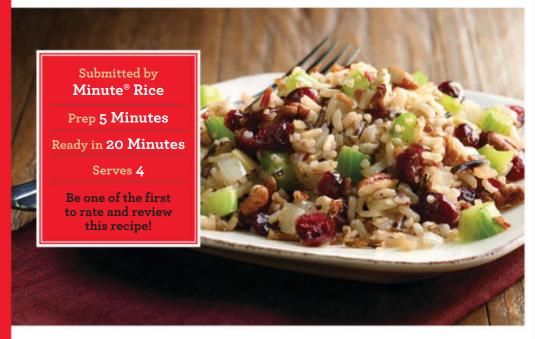
This is a wonderful recipe. I added 1/3 cup cocoa powder to make it a 'chocolate' mini cheesecake, and it tasted fabulous. I also ended up removing the paper cups so the presentation was much nicer. Great recipe! Definitely a keeper. -cwyc

I used aluminum cupcake cups. They are sturdier when baking and then transporting the goods. —CHERI

Cranberry Pecan Multi-Grain Stuffing

armagazine.com/cranberry-pecan-brown-rice-stuffing

"Try this super easy and delicious holiday or special occasion side dish, using Minute® Multi-Grain Medley. Sautéed onions and crisp celery, dried cranberries, and poultry seasoning simmered with the Multi-Grain blend in chicken broth results in a flavor-packed, slightly sweet, and savory taste. And don't forget to add the toasted pecans for extra flavor and crunch." -Minute® Rice



Ingredients

- 1 tablespoon olive oil
- ½ cup chopped onion
- 1/2 cup chopped fresh celery
- ½ teaspoon poultry seasoning
- ½ cup dried cranberries
- 1 cup chicken broth
- 1 bag Minute® Multi-Grain Medley, uncooked
- ½ cup chopped pecans, toasted
 Salt and ground black pepper (optional)

Directions

- Heat oil in a medium saucepan over medium heat. Add onion and celery and cook 2 minutes. Add poultry seasoning, cranberries, and broth.
- 2. Bring to a boil and stir in Minute®
 Multi-Grain Medley. Cover, reduce heat, and simmer 5 minutes.
- 3. Remove from heat and let stand 5 minutes. Stir in pecans and season with salt and pepper, if desired.





Blipp this page for more **Minute[®] Rice** recipes on Allrecipes.com.

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Brown Rice: packed with B vitamins and fiber, this popular grain is a go-to for soups, sides, and stir-fry dishes.



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SEVEN STAPLES YOU NEED NOW

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- Stock or broth
- Extra-virgin olive oil
- Sea salt

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The holiday season is upon us, so put some holiday cheer upon your table. For wholesome, flavorful Minute® Rice recipes that will keep your family cozy this winter, visit **minuterice.com**.



A WHOLESOME BASE FOR YOUR FAVORITE RECIPES



Mindful Manners

Lesson: Kids can dislike food while still being respectful to the person who made it. By BenandBirdy

ention table manners to children, and they will recite the familiar imperatives, zombie-like: "Don't chew with your mouth open. Don't talk with your mouth full. Don't eat with your hands. Spit unwanted food discreetly into a napkin rather than spraying it across the table like a garden hose." These are all excellent rules of thumb, of course, because one reason to use good manners is to avoid grossing out your tablemates. Everyone wants to enjoy the meal, which is easier to do if nobody's eating like a caveman.

But here's something even more important to teach kids about table manners: Good manners help us communicate our gratitude for the food and for the people who took the time to make it. This is the other, more subtle side of things—the *please* and *thank you* and *no, thank you* side. And it's where children's likes, dislikes, and potential pickiness enter the picture. Kids are going to be served food they love (yay!) and food that terrifies them (yikes!). The more tools you give them to negotiate these interactions, the better equipped they'll be to handle themselves with the kind of grace that leaves a host saying, "Isn't that a lovely child!" rather than shuddering.

Here are some ideas and go-to responses to share with your kids (*cough* or husband *cough*):

• Help your kids practice the basics when you serve them at home: "Brussels sprouts. Yes, please, or no, thank you?" You'll be cultivating good habits and reminding them that saying "Ick!" or crying with dread is not among their response options. • Pickiness is universal. It's not having particular dislikes that aggravates people—everybody has these, kids and grown-ups alike—it's the way you communicate them. Encourage your kids to take responsibility rather than casting blame. "I'll happily try some, but I've never been a huge fan of green beans" is better than "You made green beans again? Gag me."

• Share this bit of wisdom with your little people: If someone asks how you like something, and, truth be told, you don't like it at all, try making an observation rather than judging: "Putting apples in tuna salad is such a cool idea!" And be sure to comment on the parts you do like, even if there are parts you don't: "I love these crispy onions you made with the liver!"

• And for a meal that has been less than thoroughly enjoyed? Discourage your kids from smothering it in ketchup or slipping it to the schnauzer. "Thank you so much for making dinner" is simple, honest, and profoundly polite.

Above all, model the behavior you'd like your children to learn. Aunt Peg brought her famous eggs in

aspic? No grimacing, screaming, or collapsing in tears. Take a polite serving, if you can, and find something to praise. ("It's so translucent!") Or just let your kids hear you thank her kindly for her thoughtfulness. And if you look into those dear, milky blue eyes, you'll even mean it.









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IN ITALY.







Consorzio Tutela Grana Padano

'Tis the Season to Stock Up

Make the most of grocery specials by buying things you'll actually use after the holidays. By Annhod

ome November, grocery shopping can be extra hard. You're about to cook the biggest meal of the year. Aunt Susan is vegan, and Bob from down the street breaks out in hives when he smells cranberries. Are free-range turkeys that much different from regular? Do potatoes contain gluten? There's already so much to keep track of that hunting for bargains may seem like just...too...much.

It's helpful to know that most supermarkets have annual "sales cycles." When marketers are confident that people will make certain purchases turkeys in November, barbecue sauce in July, oatmeal in January—they discount them. Why? Because they know that once customers have walked through the door to buy November's on-sale marshmallows (Cousin Jack won't eat sweet potatoes without them!), they'll pay full price for nondiscounted groceries. Some stores will even throw in a free turkey if you spend enough on other groceries. Many baking supplies go on sale now, too, and baking coupons are easier to find.

But a bargain's not a bargain unless

you can actually use it—and have space to store it. When Thanksgiving's over, what can you really do with 10 extra bags of marshmallows? Here are some suggestions for on-sale items that are truly worth stocking up on.

PANTRY PERFECT

- Spaghetti sauce. Why is this on sale every November? Maybe because turkey leftovers sometimes run out before holiday guests have. In any case, stocking up on a few jars is a no-brainer. They'll keep forever, and you know you'll use them.
- Gravy mixes. Gravy is gold, baby! The homemade kind runs out fast, and it's hard to make from scratch unless you're roasting a big piece of meat. Those slim little envelopes of gravy mix can be tucked anywhere in your pantry and used to gussy up meals all year long.
- Chocolate. Sure, flour and sugar are on sale this month, but they don't cost that much to begin with, and they're bulky. So if you like to bake, this is the time to stock up on easier-to-store unsweetened chocolate, chocolate chips, and cake mixes. Ditto evaporated and condensed milk, which not only keep well but stack nicely in the cupboard.

• Foil and plastic wrap. Just in time for all those holiday leftovers...

FOR THE FRIDGE & FREEZER

- Turkey breast. No, not what you'll be roasting for Thanksgiving. This one's for the freezer, where it'll take up much less space than a whole bird. A couple months from now, you can bring it out for an easy supper and a day or two of leftovers. For dark-meat lovers in your family, some stores discount turkey thighs and drumsticks in November. (Blipp now with your phone—details on page 4—to get recipe collections that make the most of those turkey breasts!)
- Fresh cranberries. Even if you like the canned kind better for Thanksgiving dinner, it's worth freezing a bag or two of fresh cranberries now. They're hard to find at other times of the year, they freeze perfectly, and they're useful for all kinds of recipes besides sauce (see page 49 for great ideas).
- **Lemons.** Lots of seasonal produce goes on sale in November, but how much cabbage and celery will your family actually eat? Lemons, on the other hand, will last up to three weeks in your fridge and can be used in all kinds of ways.



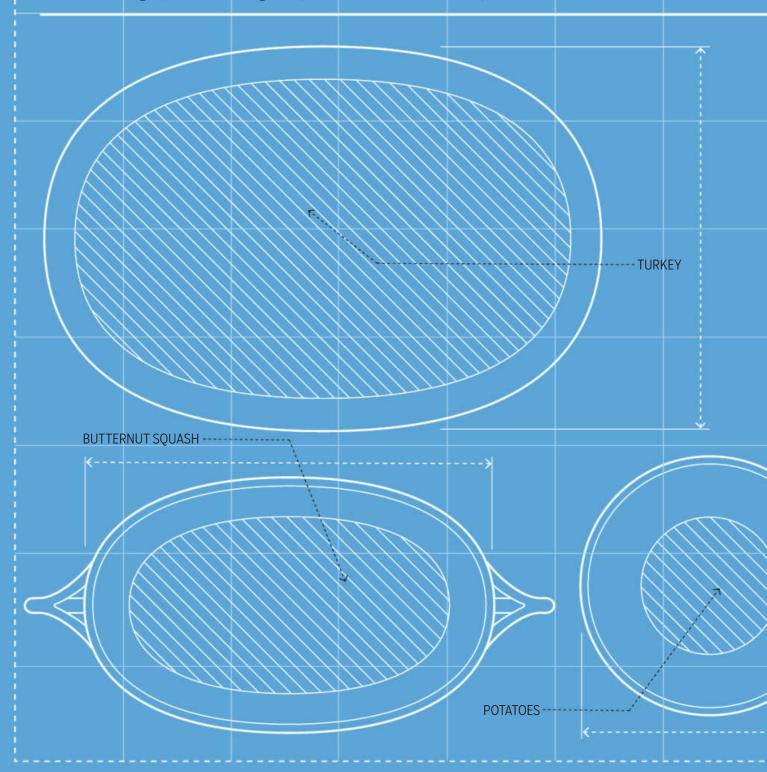


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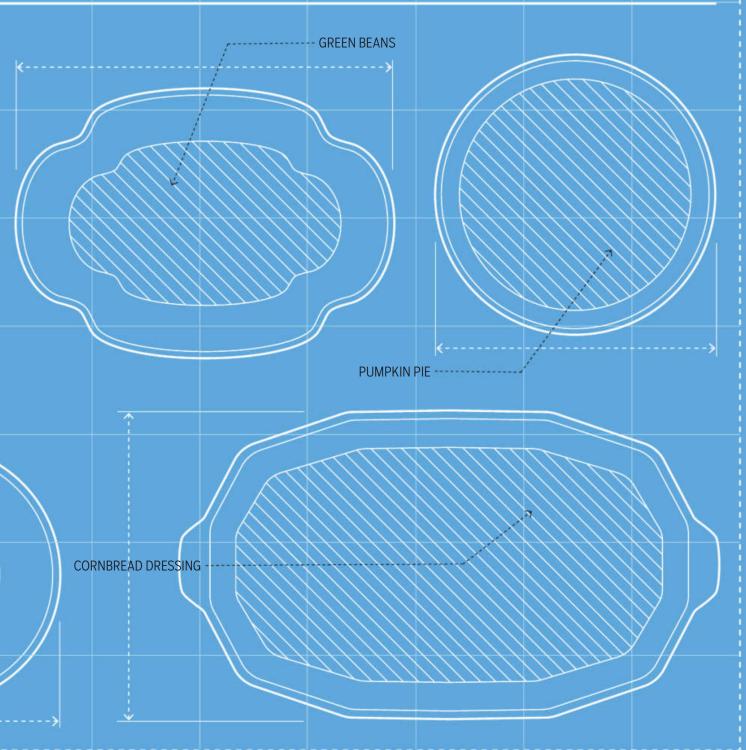
THANKSGIVING

Don't worry. The usual suspects (roast turkey, potatoes, pumpkin pie) are all here. We're dishing up 24 amazing recipes—six classic dishes plus three variations on each,



YOURMAY

But if you want to put a twist on tradition, we've got something new for you, too. some subtle, some bold, all delicious—that will help you make the holiday your own.



nov 2015 allrecipes.com 71

CHEF JOHN'S CLASSIC ROAST TURKEY

armagazine.com/chef-johns-classic-roast-turkey

"The biggest myth in all of American cookery is that a juicy, perfectly cooked turkey is difficult to achieve. Even if this is your first time, don't be scared. This will work! There is nothing to fear but the fear of dry turkey itself."
—CHEF JOHN

- 2 tablespoons kosher salt
- 2 teaspoons black pepper
- 1 teaspoon cayenne pepper

- 4 tablespoons butter
- 4 sprigs fresh rosemary
- 1/2 bunch fresh sage leaves
- 1 onion, coarsely chopped
- 1 stalk celery, coarsely chopped
- 1 carrot, coarsely chopped
- 1 (12-pound) whole turkey, neck and giblets removed [From our kitchen: You can reserve the neck and giblets to make gravy, or freeze them for making broth another day.]

 Kitchen string
- Preheat oven to 325°F. Mix together salt, black pepper, and cayenne in a small bowl.
- Heat butter in small saucepan over

medium heat until melted and edges begin to turn golden, about 2 minutes. Add rosemary and sage and cook, stirring, 1 minute. Remove from heat.

- Scatter onion, celery, and carrot in a large, shallow roasting pan. Set turkey, breast side up, on top of vegetables. Pat outside and inside of turkey dry with paper towels. Sprinkle turkey cavity with about one-third of salt mixture. Transfer herbs from butter to turkey cavity with tongs. Reserve butter.
- Fold wing tips under turkey. Tie legs together with kitchen string. Brush outside of turkey completely with butter and sprinkle with remaining two-thirds of salt mixture.



6 Roast turkey, uncovered, until no longer pink at the bone and juices run clear, about 2 hours and 45 minutes. (An instant-read thermometer inserted into thickest part of breasts, thighs, and legs should register 165°F.) Remove turkey from oven, tent with foil, and let rest 15 to 30 minutes before carving.

PER 6.6-OUNCE SERVING 518 CAL; 31g FAT (7.6g SAT); 57g PRO; 2.9g CARB; 0.8g FIBER; 1,136mg SODIUM; 220mg CHOL



Blipp to watch Chef John walk you through this recipe, step by step, right on your phone (blipp details on page 4). Or visit armagazine.com/ chef-johns-roast-turkey-video



CITRUS-SPICED TURKEY: Start the night before, and omit first 6 ingredients. Mix together 1 tablespoon kosher salt, 11/2 teaspoons poultry seasoning, 1 teaspoon dried thyme, 1 teaspoon unsweetened cocoa powder, 1 teaspoon sweet smoked paprika, and ½ teaspoon sugar in a small bowl, then stir in 4 teaspoons **olive oil** to make a paste. Slip your fingers under turkey skin and rub paste into breast and legs. Reposition skin and sprinkle with I teaspoon kosher salt. Cover loosely with plastic wrap and chill 12 to 24 hours. Stuff turkey cavity with 5 peeled garlic cloves, 1/2 lemon, 1/2 lime, and 1/2 **orange**. Rub skin with 1 tablespoon olive oil. Tuck wings, tie legs, and

roast turkey on top of vegetables as

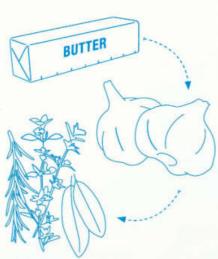
directed in Step 5.

FOR SWEET AND SMOKY



FOR ROAST TURKEY WITH PROVENÇAL HERB BUTTER:

Omit first 3 ingredients. Bring butter to room temperature in a small bowl. Chop rosemary and sage, and mash 1 tablespoon each into butter, along with 3 minced garlic cloves, 1 teaspoon fresh thyme, 1 teaspoon finely grated **lemon zest**, and 2 teaspoons **kosher salt**. Slip your fingers under turkey skin and rub butter mixture all over. Reposition skin and sprinkle with 1 teaspoon kosher salt. Tuck wings, tie legs, and roast turkey on top of vegetables as directed in Step 5.

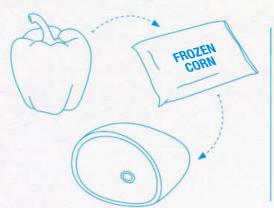


HONEY DIJON MUSTARD

FOR POMEGRANATE-

GLAZED TURKEY: Prepare and begin roasting turkey as directed. During last half hour of roasting, bring 2 cups unsweetened pomegranate juice, 3 tablespoons honey, 3 tablespoons **balsamic vinegar**, 1 tablespoon **Dijon mustard**, 2 peeled and smashed garlic **cloves**, and 1 teaspoon chopped **fresh rosemary** to a boil in a large saucepan over high heat. Boil until reduced to ½ cup, 15 to 17 minutes. Brush glaze all over turkey during last 10 minutes of roasting.

FOR CONFETTI CORNBREAD DRESSING: Swap in poultry seasoning for sage. Increase butter to • 3 tablespoons. Add 1½ cups diced red bell pepper (1 pepper) to onion and celery mixture before cooking and 1 cup thawed frozen corn and 34 cup diced ham after cooking. Fold into crumbled cornbread and proceed with recipe.



FOR SAVORY MUSHROOM CORNBREAD DRESSING:

> Sauté 1 pound chopped fresh **mushrooms** in

2 tablespoons butter in a large skillet until tender. Fold them into the cornbread-vegetable mixture, along with 1/4 cup chopped fresh parsley, before baking as directed.

GRANDMA'S CORNBREAD **DRESSING**

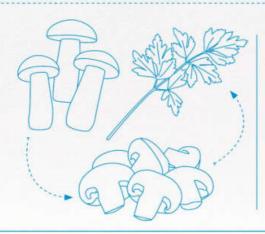
armagazine.com/grandmas-cornbread-dressing

"My grandmother often made this on holidays and served it with other good homemade meals. I hope you enjoy it as much as I have!" -AMY

- 1 (8.5-ounce) package cornbread mix [From our kitchen: For this recipe, you want a mix that doesn't have sugar in it.]
- 2 tablespoons butter
- 1/2 cup chopped celery
- 1/2 cup finely chopped onion (1 small)
- 2 eggs, lightly beaten
- 2 cups low-sodium chicken broth
- 1 tablespoon dried sage
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 Prepare cornbread mix according to package directions. Cool until cool enough to handle, about 10 minutes, then crumble into a large bowl (you'll have about 41/2 cups). [From our kitchen: You can make the cornbread up to a month ahead and freeze it. Thaw and crumble when ready to use.] 2 Preheat oven to 350°F. Grease a 9x13-inch
- baking dish.
- 3 Melt butter in a large skillet over medium heat. Cook celery and onion, stirring, until soft, about 10 minutes.
- O Stir celery and onion into cornbread along with eggs, broth, sage, salt, and pepper.
- 5 Spread evenly in prepared dish and bake until set, about 30 minutes.

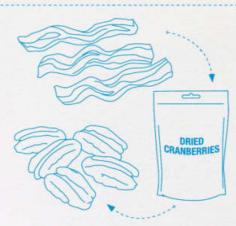
PER 1/2-CUP SERVING 142 CAL; 6.2g FAT (2.5g SAT); 3.5g PRO; 18.0g CARB; 1.8g FIBER; 364mg SODIUM; 44mg CHOL





FOR BACON, CRANBERRY, AND PECAN CORNBREAD DRESSING:

Omit butter. While cornbread bakes, cut 4 slices **bacon** into ½-inch strips and cook in 2 teaspoons **vegetable oil** until crisp, 5 minutes. Remove bacon. Add onion and celery to drippings and cook until tender, about 10 minutes. Fold into crumbled cornbread along with ½ cup dried cranberries and ½ cup coarsely chopped **pecans**, and proceed with recipe.





HOLIDAY-ONLY MASHED POTATOES

armagazine.com/holiday-only-mashed-potatoes

"These mashed potatoes are too fattening to have on a regular basis. I only make these on holidays, and everyone wonders what's in them that makes them so rich."—SALTAIR4

5 pounds red potatoes, peeled and quartered [From our kitchen: Cut them into eighths if they're large. If you prefer, leave the skin on some or all of the potatoes for added color and fiber.]

- 1 stick butter, cut into cubes
- 1 cup heavy cream, at room temperature
- 11/2 teaspoons salt
- 1/4 teaspoon black pepper
- Put potatoes in a large pot with enough salted water to cover. Bring to a boil and cook until fork-tender, about 20 minutes.
- ② Drain potatoes, return to pot, and cook over low heat until dry, about 1 minute. Add butter and mash using a potato masher

or ricer. Gradually stir in cream, followed by salt and pepper.

[From our kitchen: Potatoes can be prepared a day ahead and refrigerated. Reheat gently in a double boiler with a little added milk or cream—or in a slow cooker on Low.]

PER 1-CUP SERVING 359 CAL; 18.3g FAT (11.4g SAT); 4.5g PRO; 46g CARB; 4.1g FIBER; 442mg SODIUM; 57mg CHOL



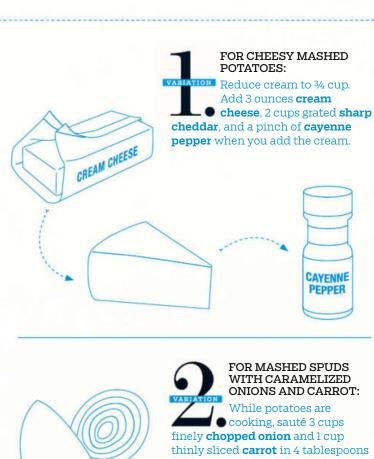
Need more options? Scan this page with your phone (details on page 4) to instantly search our Thanksgiving recipe collection. Or go to armagazine.com/thanksgiving-collection

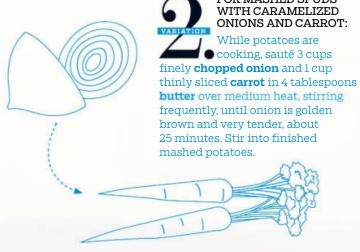


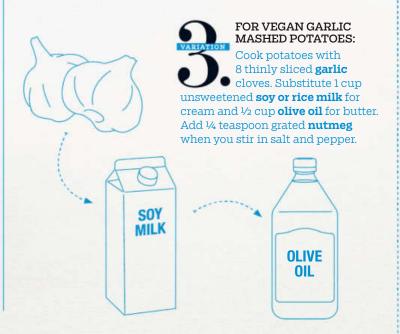
BONUS IDEA

For Twice-Baked Holiday Potatoes: Spread any of these potato recipes in a 3-quart baking dish and make swirls in the top with a spoon. Place 4 inches from broiler and broil until top is lightly browned.









SAVORY GREEN BEANS

armagazine.com/savory-green-beans

"Fresh green beans with sweet caramelized shallots and savory Italian pancetta take vegetables to a whole new level." -EVE

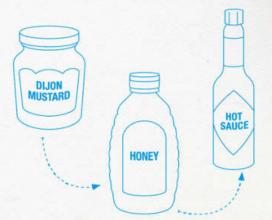
11/2 pounds fresh green beans, trimmed

- 3 ounces pancetta, coarsely chopped (3/4 cup) [From our kitchen: You could also use bacon here.]
- 1 large shallot, thinly sliced (1/2 cup)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 Bring a large pot of lightly salted water to a boil and prepare a large bowl of ice and cold water. Cook beans until just tender, 3 to 4 minutes. Drain and immediately plunge into ice water to stop cooking. When chilled, drain well. [From our kitchen: You can do this step up to a day ahead and chill beans in an airtight container lined with paper towels until you're ready to complete the dish.]
- 2 Cook pancetta in a very large skillet over medium-high heat until crispy, 3 to 5 minutes. Transfer to a plate, reserving drippings in skillet. Reduce heat to medium, stir shallot into drippings, and cook, stirring, until dark golden brown, about 10 minutes. [From our kitchen: If your pancetta isn't very fatty, you may need to add a little oil to the skillet to prevent sticking. You can do this part a day early, too, and store the combined cooked pancetta and shallots in the fridge.]
- 3 Add pancetta and green beans, and cook, tossing, until warmed through, about 2 minutes. Sprinkle with salt and pepper. Serve hot or at room temperature.

PER 1-CUP SERVING 91 CAL; 4.3g FAT (1.6g SAT); 4.9g PRO; 10.2g CARB; 3.5g FIBER; 283mg SODIUM; 5mg CHOL



FOR HONEY-MUSTARD GREEN BEANS: Blanch beans as directed in Step 1 of recipe. Omit pancetta and sauté shallot in 1½ tablespoons **olive oil** until tender. Whisk together 1/3 cup Dijon mustard, 2 tablespoons honey, 2 teaspoons soy sauce, and 2 teaspoons hot sauce (such as Frank's) in a small bowl. Drizzle over hot beans and shallots in Step 3, and toss to coat.

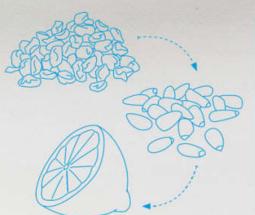


GREEN BEANS: Prepare Savory Green Beans as directed. Stir in 3 tablespoons **toasted**

FOR MEDITERRANEAN

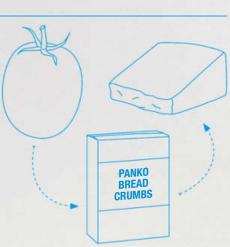
pine nuts, 1/3 cup dried currants, 2 teaspoons finely grated **lemon** zest, and 1 to 2 tablespoons fresh lemon juice.





FOR GREEN BEANS WITH PARMESAN BREAD CRUMBS:

Blanch beans as directed in Step 1. Omit pancetta. Cook shallot in 1 tablespoon olive oil in a large skillet over medium-low heat until tender. Add 1 cup diced plum tomatoes and cook until softened, 3 to 5 minutes. Stir in green beans. Toast 3 tablespoons grated parmesan and 2/3 cup panko bread crumbs in 2 tablespoons olive oil in a small skillet over medium-low heat until golden. Sprinkle over beans.



SIMPLE ROASTED BUTTERNUT SQUASH

armagazine.com/simple-roasted-butternut-squash

"Butternut squash is so good on its own that barely any seasoning is needed. This recipe is so simple and easy." — MCHELE

1 (4-pound) butternut squash, peeled, seeded, and cut into 1-inch cubes

[From our kitchen: As some reviewers noted, you can peel the squash with a vegetable peeler. Then cut it crosswise to separate the narrow neck from the wider bottom and halve each piece lengthwise to make it easy to seed and chop. If you're buying precut squash, you'll need 10 to 12 cups.]

- 3 garlic cloves, with skin on
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper

- Preheat oven to 400°F.
- 3 Toss squash and garlic with oil, salt, and pepper in a large bowl. Arrange in a single layer on a large rimmed baking sheet.
- O Roast until squash is tender and lightly browned, 25 to 30 minutes. Squeeze garlic out of its skin and sprinkle evenly over squash. Serve hot or at room temperature.

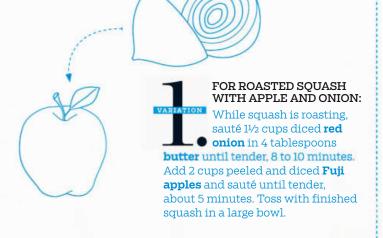
PER 1-CUP SERVING 118 CAL; 3.6g FAT (0.5g SAT); 2g PRO; 22.7g CARB; 3.9g FIBER; 299mg SODIUM; 0mg CHOL



BONUS IDEA

For Butternut Squash Soup: recipes with **vegetable or chicken broth** as needed to season to taste with additional **cream** just before serving.









MOM'S PUMPKIN PIE

armagazine.com/moms-pumpkin-pie

"This is the pumpkin pie that my mother has made for years. It is a rich pie with just the right amount of spices." -JIM WRIGHT

- 1/2 (15-ounce) package refrigerated, rolled, unbaked pie crust (1 crust)
- 3 eggs
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar [From our kitchen: Either light or dark brown sugar will work, but the dark will give your pie a deeper flavor.]
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon [From our kitchen: If you prefer, you can use 13/4 teaspoons pumpkin pie spice instead of the cinnamon, nutmeg, ginger, and cloves. 1
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 cup milk
- 1/2 cup heavy whipping cream
- 1 (15-ounce) can pumpkin purée (about 2 cups)
- 1 Fit crust into a 9-inch deep-dish pie plate. Trim excess and form a high, fluted edge. Chill 1 hour. Position oven racks in middle and lower third of oven. Lay a piece of foil slightly larger than pie plate on lower rack to catch drips. Preheat oven to 425°F.
- 2 Lightly beat eggs in a large bowl. Stir in sugars, salt, cinnamon, nutmeg, ginger, and cloves until combined. Gradually stir in milk and cream. Stir in pumpkin. Pour filling into pie shell.
- 3 Bake 15 minutes at 425°F. Reduce heat to 350°F, and bake until filling is set, about 45 minutes more. Cool on a wire rack 2 hours before serving. [From our kitchen: For an easy lattice-top look, put some whipped cream in a piping bag with a 1/4-inch star tip and pipe it in a crosshatch pattern across the top of the fully cooled pie.]

PER SERVING 318 CAL; 16.1g FAT (6.5g SAT); 5.8g PRO; 39g CARB; 2.1g FIBER; 322mg SODIUM; 93mg CHOL

соок 1 hr READY IN 4 hr, 30 min (includes chilling and cooling) SERVES 8 RATING 228 reviews 1/2 cup (1 stick) cubed cold butter

Jim Wright

PREP 30 min

BONUS IDEA

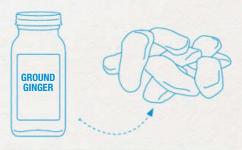
For Gluten-Free Pumpkin Pie: Prepare Mom's Pumpkin Pie or any of the variations here together 1¼ cups **gluten-free** flour (such as Cup4Cup) 1 tablespoon granulated sugar, and ¼ teaspoon salt. Cut in

meal. Gradually add about ¼ cup ice water, stirring with a fork, skip 1-hour chilling (there's no need to chill gluten-free crust), and proceed as directed.



FOR GINGER
PUMPKIN PIE:
Increase ground ginger

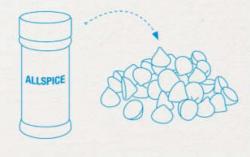
to 1 teaspoon and fold
1/2 cup finely chopped
crystallized ginger (2¾ ounces)
into pumpkin mixture. Bake and
cool pie as directed.



FOR CHOCOLATE PUMPKIN PIE:

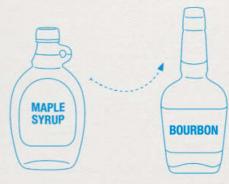
Omit ginger and nutmeg, add ¼ teaspoon ground allspice, and increase

cinnamon to 1 teaspoon. Melt 1 cup semisweet chocolate chips and fold into pumpkin mixture. Bake and cool pie as directed.



FOR MAPLE-BOURBON PUMPKIN PIE:

Omit brown sugar and add ½ cup pure **maple** syrup (the darker the better) and 2 tablespoons bourbon to pumpkin mixture. Bake and cool pie as directed.



ILIE IF IE

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You're going to be running at full tilt for the entire holiday season. Here are some dinners that can keep up with you:



recipes that can be made in



minutes or less.

SUBMITTED BY Marian Monroe PREP 15 min соок 20 min **READY IN 35 min SERVES** 4 RATING *** 61 reviews

TILAPIA WITH TOMATOES, BLACK OLIVES, AND CORN

armagazine.com/tilapia-withtomatoes-olives-and-corn

"I developed this based on a restaurant dish I had. The tilapia is cooked with the sauce. Serve the fish topped with the sauce, and with a steamed vegetable and salad." -MARIAN MONROE

- 4 cloves garlic, thinly sliced
- 2 tablespoons olive oil [From our kitchen: We used a bit more olive oil than the original to help balance out the flavor of the tomatoes. 1
- 2 (14.5-ounce) cans diced tomatoes, with juices
- 3/4 cup dry white wine
- 12 pitted kalamata olives, sliced (1/4 cup)
- 11/2 cups frozen corn, thawed [From our kitchen: Since we're cooking this dish out of season for corn, we substituted the frozen version, but in season you can use kernels cut from 3 ears fresh corn.]
- 4 (4-ounce) tilapia fillets
- O Cook garlic in 11/2 tablespoons oil in a large lidded skillet over medium heat, stirring, until pale golden, about 1 minute. Stir in tomatoes, wine, olives, and corn. Simmer sauce until slightly thickened, about 15 minutes.

[From our kitchen: Sauce can be made 1 day ahead and chilled, covered. Reheat sauce before proceeding.]

- 2 Put fish on sauce, spooning some over top, and cook, covered, just until fish is cooked through, 7 to 8 minutes.
- Orizzle fish with remaining oil before serving.

PER SERVING (4-OUNCE FILLET WITH 1 CUP SAUCE) 318 CAL; 10.3g FAT (1.7g SAT); 26.5g PRO; 25.4g CARB; 3.4g FIBER; 473mg SODIUM; 57mg CHOL







PATTIES

armagazine.com/spicy-lamb-

"These patties are scrumptious with a small side of plain yogurt with some mint and cumin stirred into it. Add rice or couscous and a green salad and you have a tasty, easy, somewhat elegant dinner! This recipe can also be used to make meatballs for frying, if you prefer." - CHEYENNIGANS

- 4 cloves garlic, minced
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 Preheat grill to high (450°F to 650°F). Lightly oil grill grate. [From our kitchen: Alternatively, these can be cooked on the stovetop in a ridged grill pan.] 2 Stir together lamb, green onions, garlic, curry powder, cumin, red pepper, salt, and black

about 3/4 inch thick. [From our kitchen: The lamb mixture can be formed into patties 3 hours ahead and chilled, covered.]

3 Grill patties to preferred degree of doneness, about 5 minutes per side for medium.

[From our kitchen: These patties are also delicious served with a side of sautéed kale or roasted squash, or tucked into a pita with a dab of salsa or yogurt.]

PER 1-PATTY SERVING 287 CAL; 21.6g FAT (9.1g SAT); 19.5g PRO; 3.1g CARB; 1.3g FIBER; 362mg SODIUM; 77mg CHOL

heat level of the curry powder—there is mild,

medium, and strong. If you haven't used curry, then try the mild.

-LAURAELLEN225

We made these in a cast-iron pan because it gets really hot and creates a nice crust. I whipped up a sauce using Dijon mustard and light sour cream, garlic powder, and pepper and it was perfect.—HLINDER

The meat seemed a bit dry, so I mixed in an egg. Amazing! —TRYNITY44

66you said

It was a hit! I added
1/2 cup Sauvignon Blanc
and 1/2 cup of chicken
stock for a saucier dish.
I doubled the amount
of sausage and used
I teaspoon of herbes de
Provence instead of
thyme. My husband
went back for seconds
and thirds! — LITTLETPOT

Delicious beyond reason, given the simplicity of this recipe. I threw everything into the slow cooker on low for a couple of hours. When we came in from a cold day, dinner was ready and it was wonderful. Four years later, this is still one of my top 10.

—CREFFER00

QUICK CASSOULET

armagazine.com/quick-cassoulet

"A great combination of beans, smoked sausage, and vegetables in an easy one-skillet meal. It's a staple when we go camping. My teenage daughter and her friends love it. Serve with a green salad and French bread."

- -BETH STONE STRACHAN
 - 1 tablespoon vegetable oil
 - 2 carrots, diced
 - 2 stalks celery, diced
 - 1 small onion, diced
 - 2 cloves garlic, chopped
- 1/2 pound smoked sausage, sliced [From our kitchen: Any smoked sausage, such as kielbasa, can be used.]

- 1 (15-ounce) can lowsodium kidney beans, drained and rinsed
- 1 (15-ounce) can lowsodium cannellini beans, drained and rinsed
- 1 (14.5-ounce) can diced tomatoes, with juices
- 2 bay leaves
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon chopped fresh parsley (optional)
- Heat oil in a large skillet over medium-high heat. Cook carrots, celery, onion, and garlic, stirring, until onion is translucent, 4 to 5 minutes. Add sausage and cook, stirring, until fat is rendered, 4 to 5 minutes.
- ② Add kidney and cannellini beans, tomatoes (including juices), bay leaves, thyme, salt, and pepper. Reduce heat to medium and simmer, covered, stirring occasionally, until vegetables are tender, about 15 minutes.
- 3 Discard bay leaves. Sprinkle parsley (if using) over top of stew before serving.

[From our kitchen: Cassoulet can be made 1 day ahead and chilled, covered.]

PER 11/3-CUP SERVING 407 CAL; 20.3g FAT (5.9g SAT); 18.4g PRO; 40g CARB; 12.7g FIBER; 1,182mg SODIUM; 35mg CHOL



Blipp now to **add this recipe** to your Allrecipes.com favorites list. (Page 4 has blipp details.)







66you said

ERIN'S INDONESIAN CHICKEN

armagazine.com/erinsindonesian-chicken

"This is a favorite that has lasted me from grade school through adulthood. I've served it to just about everyone I know and have received nothing but rave reviews!" - ERINPETERSON

- 1 cup uncooked long-grain white rice
- 2 cups water
- 1 pound fresh green beans, trimmed and cut into 2-inch pieces
- 1 pound skinless, boneless chicken breast halves, cut into 1-inch pieces
- 1/2 teaspoon salt [From our kitchen: We added salt. and increased the soy sauce and chile paste to boost flavor.]
- 2 teaspoons olive oil
- 3/4 cup low-sodium chicken broth
- 1/3 cup creamy peanut butter
- 2 teaspoons honey
- 11/2 tablespoons low-sodium sov sauce
- 11/2 teaspoons red chile paste, such as sriracha sauce, or more to taste
- 2 tablespoons lemon juice
- 3 green onions, thinly sliced
- 2 tablespoons chopped peanuts
- 1 Bring rice and water to boil in a pot. Reduce heat to low and simmer, covered, 20 minutes.
- 2 Steam green beans in a pot fitted with a steamer basket over boiling water until crisp-tender, about 10 minutes.

3 Pat chicken dry and sprinkle

- with salt. Heat oil in a large skillet over medium-high heat, then cook chicken, stirring, until cooked through, about 5 minutes. [From our kitchen: The original recipe calls for 10 minutes of cooking time, but we found chicken stayed moister
- when cooked for only 5 minutes.] Transfer chicken to a bowl. 4 Add broth, peanut butter,

honey, soy sauce, chile paste, and lemon juice to skillet, and simmer until slightly thickened, about

I'm trying to get my burger-and-fries boyfriend to branch out and accept ethnic food, and he loved this! I had some thin-cut pork chops on hand, which I sliced into thin strips and used instead of chicken. I doubled the sauce (and am glad I did) and added some chopped fresh cilantro as a garnish, making a nice fresh flavor. - MISSJENAFFLECK

I didn't have green beans, so I sautéed zucchini, red and green bell peppers, and green onions. And I toasted chopped peanuts before sprinkling them on top. My husband said, 'Gotta make sure you keep that

If you like peanut butter you will like this dinner. I didn't find the peanut butter overwhelming at all. I added some cumin, curry, and garlic, because most Thai meals have those spices, and it added just the kick it needed. -M0M200VC

I've tried a number of Allrecipes stir-fry recipes, and this was by far the best. —H_MARTENS

We thought it tasted like something from a restaurant! I used rice noodles instead of rice, and added broccoli. It's an easy, healthy recipe to make with ingredients already on hand. -A COOK

5 minutes. Stir in chicken (along with any juices accumulated in bowl) and green beans. Serve over rice, sprinkled with green onions and peanuts.

PER SERVING (11/4 CUP CHICKEN AND 2/3 CUP RICE) 530 CAL; 18.7g FAT (3.5g SAT); 38g PRO; 55g CARB; 5.1g FIBER; 730mg SODIUM; 83mg CHOL



Add this recipe to your shopping list. Just tap on your phone! Or save it in your online recipe box. Page 4 shows how easy it is.

66you said

VEGETARIAN CHICKPEA SANDWICH FILLING

armagazine.com/vegetarianchickpea-sandwich-filling

"Other raw chopped veggies can be substituted for the celery. Your favorite salad dressing can be substituted for the mayo." —FISHLOVE

- 2 cups chickpeas, drained and rinsed
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1 tablespoon mayonnaise, or to taste

- 1 tablespoon lemon juice [From our kitchen: We suggest an additional 1 teaspoon for more citrusy flavor.]
- 1 teaspoon dried dill [From our kitchen: You can use 1 tablespoon chopped fresh dill or parsley to brighten the flavor.]
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 flatbreads, rolls, or pita pockets
- 4 romaine lettuce leaves 1 cup chopped tomato

• Mash chickpeas with a fork in a bowl. [From our kitchen: Like other reviewers, we found using a food processor and pulsing the chickpeas until coarsely puréed was easier than using a fork.] Stir in ingredients through pepper. [From our kitchen: Filling can be made 2 days ahead and chilled, covered.]

② Assemble sandwiches with chickpea filling (about ½ cup per sandwich), flatbread, lettuce, and tomato.

PER 1-SANDWICH SERVING 276 CAL; 6.6g FAT (1.1g SAT); 12.2g PRO; 45g CARB; 10g FIBER; 533mg SODIUM; 1mg CHOL This is a wonderful substitute for peanut butter! I keep some in the fridge for a quick snack to spread on crackers, veggies, or bread.—AVACHNEA

I added a spicy chipotle seasoning, omitted the onion, and added more lemon juice and garlic salt. Toasted French bread slices with some melted butter and topped the bread with the chickpea filling.

Served as a party appetizer and holy cow!

—THISGUELLOVES 2000K

Use a pastry blender or a ricer to mash chickpeas. It helps to keep them from flying around the kitchen.—M69510 SUBMITTED BY Fishlove PREP 20 min **READY IN 20 min** SERVES 4 RATING **** 738 reviews



The quality of the balsamic is important. I have often found low ratings in a recipe such as this one are usually because of the vinegar used. It's one ingredient worth paying for. —SUTRA

I recommend brushing the steak with olive oil and coating with peppercorns and salt, then let it sit in the fridge for an hour or more prior to cooking. Letting pepper steaks 'marinate' helps. -VICTORIASE49896

The kids really liked this, though they felt the steak was a bit too spicy with the peppercorns. -BUDDYROO

FLAT-IRON STEAK WITH BALSAMIC REDUCTION

o armagazine.com/steakwith-balsamic-reduction

"Pepper-crusted flat-iron steaks are pan-seared, then drizzled with a sweet-andsavory syrup: simple and delicious." - KM0MMYZ

11/2 pounds flat-iron steak, cut crosswise into 4 (6-ounce) pieces [From our kitchen: To make the recipe healthier, we cut the serving sizes from 12 ounces per serving to 6, and

adjusted the other ingredients accordingly.]

- 11/2 tablespoons extra-virgin olive oil
- 11/2 tablespoons coarsely ground mixed or black peppercorns
- 1/2 teaspoon salt
- 1 clove garlic, minced
- 1/2 cup balsamic vinegar
- 2 teaspoons butter
- 11/2 tablespoons chopped fresh parsley
- 1 Pat steaks dry. Brush with 1 tablespoon oil and sprinkle with pepper and salt.
- 2 Heat remaining 1/2 tablespoon oil in a large skillet over mediumhigh heat. Cook steaks to

preferred doneness, about 6 minutes per side for medium rare. Transfer steaks to a platter.

- 3 Add garlic to skillet and cook, stirring, 30 seconds. Add vinegar and simmer, stirring and scraping up browned bits from skillet, until reduced by half, about 3 minutes. Add butter and swirl skillet until blended. Remove from heat and stir in parsley and any accumulated juices from steak platter.
- Slice each piece of steak across the grain, then drizzle each with 12/3 tablespoons sauce.

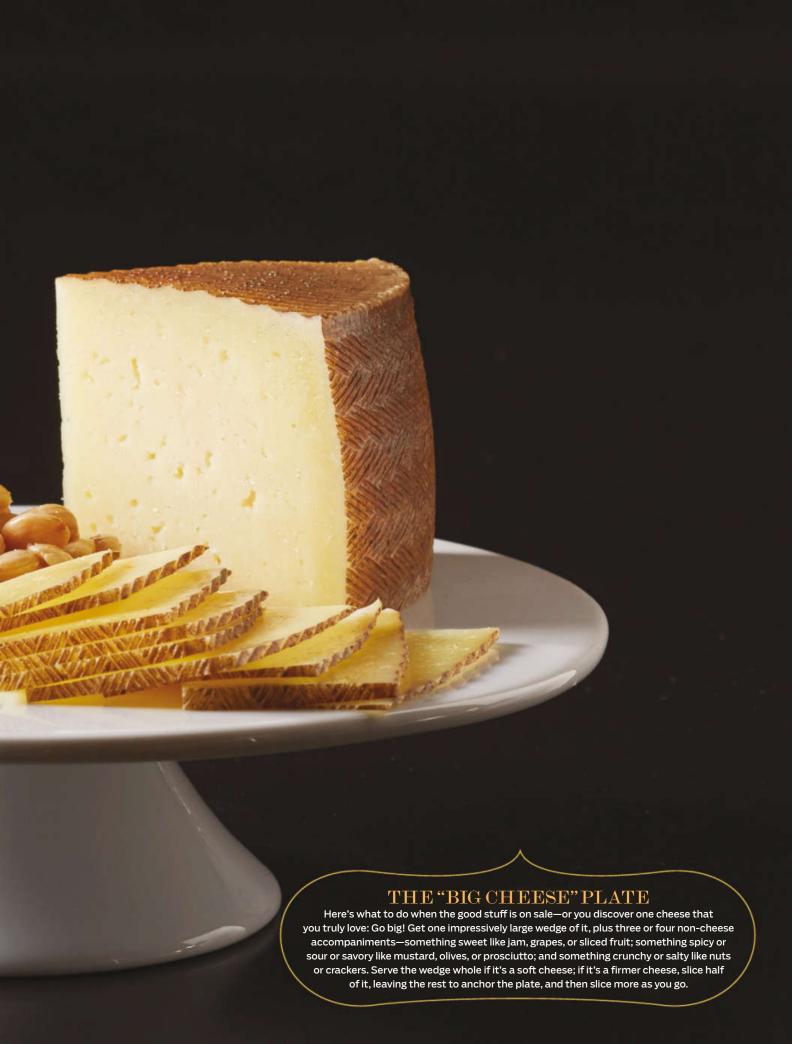
PER SERVING 341 CAL; 19.2g FAT (6.5g SAT); 33g PRO; 5.8g CARB; 0.1g FIBER; 449mg SODIUM; 95mg CHOL

Whether you need appetizers for Thanksgiving or a quick, tasty spread for book club, knowing how to assemble a solid cheese plate definitely comes in handy. We're sharing four simple approaches you can use to pull off a killer version that's right for your crew, plus "cheesy advice" that's both helpful and surprising.

By Nicholio



Clockwise from top left: quince paste cubes, Marcona almonds, Manchego cheese, and Ibérico ham



Ask for Help (and a Sample!)

There's a lot of good cheese to be had these days, at both fancy cheese shops as well as regular old supermarkets. But like wine, cheese changes as it ages—ripening and eventually peaking. So if possible, go to a store that has a good-sized cheese counter, ask what's good right now, and request a sample before you buy. If you like it, chances are good that your guests will, too. (And if they don't? Hey, more cheese for you!)

Don't Fret about Pairings

Cheeses that share a plate don't have to "go" with each other or have a theme or progression. What's most important is that they each taste good to you. If you're serving them with other food or drinks, here are three pairing tricks. One: Things that grow together tend to go together—meaning that if you pick a cheese from southern Italy, a wine or olive or fruit from that region likely will complement it nicely. Two: Subtle white wines work with most cheeses. The bolder the cheese, the bolder (and redder) you can go with your wine. Three: You don't have to serve wine. Beer goes great with cheese, too.

How Much?

Figure 1 to 2 ounces of cheese per person if you're serving other appetizers, and 2 to 4 ounces per person if cheese is the main attraction. You read that right. That's only 1 to 2 pounds, total,

for almost any situation involving up to eight people. Because cheese is so rich, a little actually does go a long way.

CHEESYADVICE:AT HOME

Wrap It Right

Cheese that touches plastic eventually starts to taste like it. That's why fancy cheese shops often scrape off and discard any cheese surfaces that have touched plastic before serving. If you want to minimize the plastic effect without scraping, remove the plastic when you get home, rewrap the cheese in parchment paper, and tuck all your parchment-wrapped cheeses in a big zip-top plastic bag in the fridge.

Don't Do Cubes

The flavor within a wheel or block of cheese varies from rind to center, so ideally each serving should include some of the cheese near the rind and some near the center. That's hard to attain with cubes. Instead, cut rectangular slices or small wedges that go from rind to center or tip. Slices that are thick enough to pick up with your fingers and sink your teeth into, about ¼ inch, are ideal.

Take the Chill Off

Most cheese tastes best at cool room temperature. So you're going to want to take it out of the fridge 20 minutes to an hour before serving, depending on how hot your room is. (If the cheese starts to sweat or look greasy, it's getting too warm.)



THE "CHEESE FLIGHT"PLATE

Get three different varieties of a single type of cheese and then have fun comparing them. Try cheddars or cheddar hybrids from different producers or states, as we did above. You could also do Goudas of different ages, or goat's milk cheeses from around the world, or...you get the idea!





THE "CHEESE STANDS ALONE" PLATE If you start with delicious-to-you cheeses, there's really no need for fancy

If you start with delicious-to-you cheeses, there's really no need for fancy condiments. Pick three or four cheeses with different textures (firm, semisoft, creamy, crumbly) that you like. Slice, label, and set out a utensil or two. Add a separate plate of toasted bread slices and call it a day—or a party!





CHEESYADVICE: AT THE TABLE

Put It on Something Flat

Any large plate or platter will do, but if you want it to convey "Cheese Plate!" (complete with heavenly music and sunbeams through parting clouds), use one that's unrimmed. Cheese just looks taller and more impressive on a flat platter or board. You probably have one somewhere in your house. Rustic wooden cutting boards or pizza paddles work nicely. So do pedestaltype cake stands, marble pastry boards, or natural slate slabs.

Leave the Rind On

Some cheese rinds are part of the tasting experience (think smoked, washed-rind, and bloomy-rind cheeses). Others, while technically edible, aren't so enjoyable to eat (like those that are very hard, very pungent, or coated in wax). Whether to eat the rind is up to you and your guests, but serving cheese with its rind attached helps distinguish one cheese from the next.

People like to know what they're eating. So unless you want to keep repeating yourself all night, it's smart to label the cheese plate. If you're feeling fancy, you can note the kind of milk used, say where the cheese is from, or give a brief description (nutty, smoky, funky, sharp). But really, the type of cheese will do.

CHEESE-CUTTING GEAR

Those cute little cheese knives with the prongs on the end often are more useful for serving than cutting. Cheese pros suggest using a chef's knife to cut firm cheeses into strips or slices that can be eaten in a bite or two, and cutting from rind to tip, center, or opposite rind, so you get a cross section of the cheese. A serrated skeleton cheese knife, with holes in the blade to reduce drag, works well on softer cheeses. For portioning soft or very creamy cheeses like Brie, Camembert, or blue, you may want to use a cheese wire. A paring knife plunged into a very hard or crumbly cheese and twisted makes natural nuggets or shards.

WILD CARDS

Put a few slabs of a firm frying cheese—such as a Greek Halloumi, Indian paneer, or a Mexican queso blanco—in an oiled skillet and brown on both sides. Add them to your cheese plate. Stand by for OMGs. Or add a caramelized brown cheese, such as Norwegian Gjetost. It's like cheese and caramel and peanut butter had a baby: sweet, nutty, spreadable, and surprising.

Just Say Cheese! We asked our Facebook and Instagram fans what their favorite cheese is. Cheddar took top honors; Brie came in a distant second, followed closely by Gouda.



Unexpected

According to a recent survey, almost 55 percent of you say dinner. Give tradition a twist, and go a little off the beaten path!



Sides

you'll be bringing a side dish to someone's Thanksgiving We've got a recipe to suit almost any situation.

you said"

Black lentils hold their texture and absorb the flavor. Even people who are not big lentil fans love this dish! - REGINA

I used plain old lentils and it still turned out delicious. I also used white wine vinegar in place of Champagne vinegar. I highly recommend this recipe! —LEANNA QUARTUCCIO

I used balsamic vinegar, and I also added minced garlic. I couldn't help it. Home run! — SMINCKLER

BRAISED BLACK LENTILS

armagazine.com/ braised-black-lentils

"Braised black lentils are also known as beluga lentils, since they resemble the most prized of all caviar varieties. They make up one of my favorite side dishes." - CHEF JOHN

2 tablespoons olive oil 1/2 cup diced onion

1/2 cup diced carrot

1/2 cup diced celery

3/4 teaspoon salt

- 6 (6-inch) sprigs fresh
- 1/4 teaspoon black pepper
- 1 cup black (beluga) lentils (7.5 ounces)
- 2 cups low-sodium vegetable broth [From our kitchen: The original recipe called for chicken stock, which is fine if you don't need to make the

dish vegan or vegetarian.] 1 to 2 tablespoons Champagne vinegar, or to taste [From our kitchen: If you don't have Champagne vinegar, just about any vinegar will do, such as white or red wine, sherry, or cider. We liked the flavor of the lentils with a full 2 tablespoons of vinegar. Bolster the flavor to your taste by adding more thyme and parsley as well.]

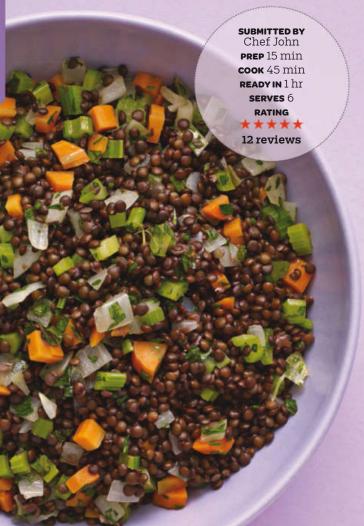
2 tablespoons chopped fresh parsley, or to taste

1 Heat oil over medium heat in a saucepan. Cook onion, carrot, celery, and 1/4 teaspoon salt, stirring (and reducing heat to medium-low if vegetables begin to brown), until vegetables are softened and onion is translucent, 5 to 7 minutes. 2 Stir in thyme and pepper. Add lentils and stir until well coated, about 30 seconds. Add broth and bring to a simmer. Reduce heat to low and simmer, covered, checking occasionally, until lentils are tender and have absorbed liquid, 40 to 45 minutes.

Remove from heat and discard thyme stems. Stir in vinegar and parsley. Season with remaining 1/2 teaspoon salt and more pepper to taste.

[From our kitchen: Lentils can be made 2 days ahead. Don't add parsley until just before serving. Reheat lentils in a saucepan or skillet with a little more broth or water, stirring until heated through.]

PER 1/2-CUP SERVING 171 CAL; 4.9g FAT (0.7g SAT); 8.3g PRO; 24.1g CARB; 4.6g FIBER; 353mg SODIUM; 0mg CHOL



66I know there's one vegan and at least one GLUTEN-FREE guest at the table.

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BRUSSELS SPROUT SLAW

armagazine.com/ brussels-sprout-slaw

From our kitchen: If you've never had shredded raw Brussels sprouts, you're in for a big treat! Brussels sprouts are like miniature cabbages, so their thinner leaves, when shredded, are lighter and airier than regular cabbage.

FOR DRESSING

- 1/4 cup olive oil
- 2 tablespoons distilled white vinegar
- 1 tablespoon honey
- 1 clove garlic, minced
- 1 teaspoon brown mustard
- 1/4 teaspoon salt

FOR SALAD

- 1 pound Brussels sprouts, shredded (about 5 cups)
- 1/2 cup dried cherries
- 1/2 cup slivered almonds [From our kitchen: We prefer the flavor of toasted almonds. If you do as well, toast them on a rimmed baking sheet in a 350°F oven for 10 to 14 minutes.]
- 1/2 cup grated parmesan
- 1/4 teaspoon salt (optional)
- 1/4 teaspoon black pepper (optional)

Make dressing:

• Whisk together oil, vinegar, honey, garlic, mustard, and salt in a large bowl until dressing is smooth.

Make salad:

• Add Brussels sprouts, cherries, almonds, and parmesan to bowl with dressing and toss to coat well. Sprinkle with salt and pepper (if using) and toss again.

[From our kitchen: You can make the slaw 2 hours ahead and keep it loosely covered at room temperature. As it sits, the salt in the dressing and in the mustard helps to wilt and soften the

shredded Brussels sprouts. Don't keep it overnight, however, or the sprouts lose their color.]

PER 3/4-CUP SERVING 251 CAL; 15.7g FAT (2.7g SAT); 6.6g PRO; 23.5g CARB; 4.4g FIBER; 311mg SODIUM; 6mg CHOL

I substituted agave nectar and apple cider vinegar for the honey and white vinegar. I also used cranberries and chopped walnuts for toppings. Addicting!

—MEREDITHB

I love this warmed so the Brussels sprouts soften and the dressing absorbed better. I skipped the honey as my family doesn't like it. —WONTERMOM

I left out the garlic. Delicious! —JOVIE VOLINAR

SUBMITTED BY
FinchesAreBeautiful
PREP 30 min
READY 30 min
SERVES 6
RATING
3 reviews

66 Everyone has had roasted sprouts a million times— I'm going RAW.99









WILD RICE-STUFFED ACORN SQUASH

armagazine.com/rice-stuffedacorn-squash

- 4 (11/2-pound) acorn squashes, halved lengthwise and seeded
- 5 tablespoons butter
- 11/2 cups diced onion
 - 1 clove garlic, minced
 - 1 cup chopped fresh mushrooms (3 ounces)
 - 1 (6-ounce) package long-grain and wild rice mix (3/4 cup), including flavor packet
 - 2 tablespoons chopped fresh sage leaves
- 21/4 cups low-sodium vegetable broth
- 1/2 cup dried cranberries [From our kitchen: Like many other reviewers, we added dried cranberries, celery, pecans, and parsley to make this a superflavorful dish.]
- 3/4 cup diced celery
- 1 (6-ounce) package dry cornbread stuffing mix (about 2 cups) [From our kitchen: Look closely at the ingredients of packaged stuffing mixes before buying, especially if you're preparing a vegetarian meal. Some leading brands contain chicken.]
- 1/2 cup chopped pecans,

lightly toasted, if desired 5 tablespoons chopped fresh parsley

1/4 teaspoon salt, or to taste

Bake squash:

- 1 Preheat oven to 350°F and arrange racks in upper and lower thirds of oven. Lightly grease 2 large rimmed baking sheets.
- 2 Put squash halves, cut sides down, on prepared sheets. Bake squash, switching position of sheets halfway through, until just tender when pierced with a knife, 50 to 60 minutes. Remove squash from oven and leave oven on. [From our kitchen: Squash (unstuffed) can be baked 1 day ahead and refrigerated in an airtight container. They won't look quite as nice as when they're freshly baked, but it's a time-saver during Thanksgiving.]

Make stuffing while squash bakes:

3 Melt 1 tablespoon butter in a saucepan over medium heat. Cook 1 cup onion and garlic, stirring, until onion is translucent, about 5 minutes. Reduce heat to medium-low, then add mushrooms and cook, stirring. until they give off their juices, about 5 minutes. Add rice mix (but not flavor packet) and 1 tablespoon sage and cook, stirring, until vegetables begin to brown, about 5 minutes. Stir in 11/2 cups broth, rice flavor packet, and cranberries, and bring to a

hoil Reduce heat to low and simmer rice, covered, until tender and liquid is absorbed, about 20 minutes. Remove pan from heat, fluff mixture with a fork, and let stand, covered, 5 minutes. 4 While rice is cooking, melt remaining 4 tablespoons butter in another saucepan over medium heat. Cook remaining 1/2 cup onion, celery, and remaining tablespoon sage, covered, stirring once or twice, until celery is almost tender, about 5 minutes. Add remaining 3/4 cup broth and bring to a boil. Stir in cornbread stuffing, then remove pan from heat and let stuffing stand, covered, 5 minutes. Fluff with a fork. [From our kitchen: Stuffing (without pecans and parsley) can be made 1 day ahead and refrigerated in an airtight container. Bring to room temperature before adding the pecans and parsley.]

Stuff squash:

Gently toss cooked rice mixture with stuffing, pecans, 4 tablespoons parsley, and salt in a large bowl. Spoon filling into squash cavities, patting it down gently to level, then mound as much of remaining filling as possible on top of each squash (you will have about 1 cup of filling left over). Return stuffed squash to oven and bake until stuffing is hot, 15 to 20 minutes. Sprinkle remaining tablespoon parsley over squash. [From our kitchen: If you baked the squash and made stuffing ahead, the baking time for assembled squash may be a bit longer than when making fresh.]

PER 1/2-SQUASH SERVING 413 CAL; 13.7g FAT (5.3g SAT); 7.6g PRO; 71g CARB; 9.6g FIBER; 729mg SODIUM; 19.1mg CHOL

you said"

I added diced cooked chicken and drizzled extra stock on top to keep it from getting too dry. —QCLIP2

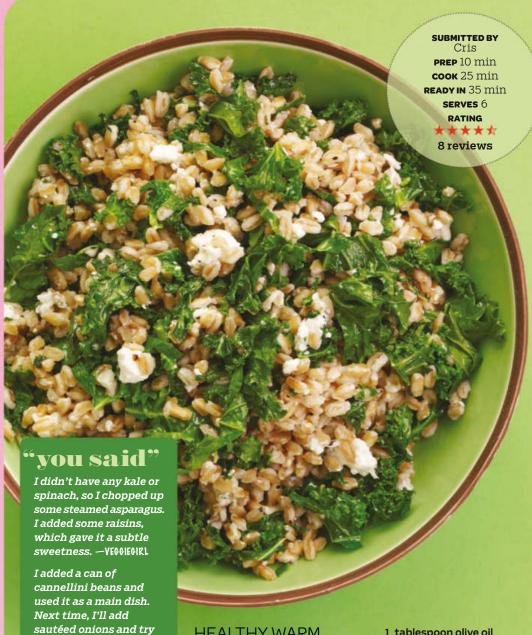
I make this recipe ALL the time and continue to love it. So easy to change up. I like to use quinoa and cut up chunks of butternut squash in it instead of acorn squash. -MISS CODI LAYNE

I'm a vegetarian, and I had this as my main course for

Thanksgiving. I tweaked it by adding poultry seasoning instead of the fresh sage. It was amazing. —KATHLEEN

You can speed things up by starting to cook the squash in the microwave. -J

be, too. So I'm bringing my own MAIN that others can enjoy as a side dish. 99



HEALTHY WARM FARRO SALAD

some herbs. -CATIE

A big hit with the

I substituted barley and

I added cherry tomatoes.

family! —GUTLOR@AOL.COM

it was great. - KATHRYNG

armagazine.com/warmfarro-salad

"This is a quick and delicious side that my kids love. It can be served warm or cold and is great as a packed lunch!" - CRIS

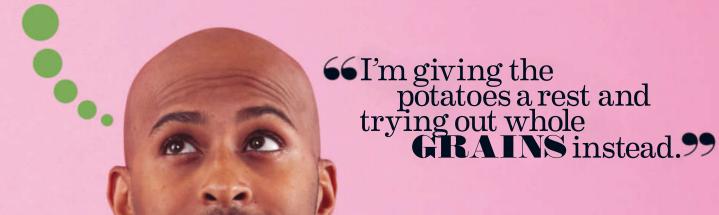
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 2 teaspoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups low-sodium vegetable broth [From our kitchen: We used vegetable broth to make it

- vegetarian. Alternatively, you can use chicken broth, as in original.]
- 1 cup farro [From our kitchen: Farro is the Italian name for nutty, chewy emmer wheat, which comes in whole-grain or pearled varieties (you can use either here). Find it at larger grocery stores, specialty markets such as Whole Foods, or online.]
- 2 packed cups chopped kale (no stems)
- 1/2 cup crumbled reducedfat feta cheese
- 1 Whisk together oil, garlic, lemon juice, 1/4 teaspoon salt, and pepper in a bowl.
- 2 Bring broth and farro to a boil in a large skillet or wok. Reduce heat to medium and simmer, uncovered, until farro is tender and broth is absorbed, 20 to 25 minutes.
- 3 Stir oil mixture into farro until farro is coated. Add kale to farro mixture and cook over low heat. stirring, until kale is wilted, 2 to 3 minutes. Sprinkle feta over farro and cook over low heat, stirring, until cheese softens, 1 to 2 minutes. Season salad with remaining 1/4 teaspoon salt and more pepper to taste.

Notes from Cris: For a firmer texture, use less liquid when boiling farro, and for a softer texture, use more liquid. Spinach can be substituted for kale.

[From our kitchen: Although this salad is best when just made, it can be made 1 day ahead. Reheat in a skillet with a little broth or water over medium-low heat. stirring, until just heated through.]

PER 1/2-CUP SERVING 175 CAL; 4.5g FAT (1.5g SAT); 7.4g PRO; 25.8g CARB; 3.4g FIBER; 378mg SODIUM; 6.7mg CHOL



CREAMED ONIONS AND SAGE

armagazine.com/creamed-onions-and-sage

"Tender, sweet, creamy onions fragrant with the scent and taste of sage." —ERIKA MICHAEL

- 24 small white boiling onions (1½- to 2-inch diameter, about 2 pounds)
- 1/2 stick butter
- 10 fresh mushrooms (9 ounces), sliced (3½ cups)
- 2 tablespoons flour
- 2 cups half-and-half or whole milk
- 21/2 teaspoons dried sage
- 3/4 teaspoon salt
- 2 teaspoons finely grated fresh lemon zest (from 1 large lemon)
- 2 to 3 teaspoons lemon juice [From our kitchen: We increased the lemon juice to balance the creaminess of the sauce.]
- 1 tablespoon chopped fresh parsley [From our kitchen: We found the ¼ cup parsley originally called for in this dish a little overwhelming, so we reduced it. But if you're a parsley lover, go for it!]
- 4 pinches paprika
- O Blanch onions in a large pot of boiling salted water for 2 minutes. Transfer with a slotted spoon to a colander, reserving cooking liquid. Peel onions and trim slightly at top and bottom, keeping root end intact. Return cooking liquid to a boil. Add onions and boil gently until tender when pierced with a toothpick, 30 to 40 minutes. Transfer cooked onions carefully

with slotted spoon to colander and discard cooking liquid.

[From our kitchen: The onions can be peeled and cooked 1 day ahead and chilled, covered.]

- ② Preheat oven to 350°F. Grease a 1½- to 2-quart baking dish or casserole.
- Melt butter in a large skillet over medium heat. Sauté mushrooms, stirring, until tender and any liquid is evaporated, about 5 minutes. Reduce heat to medium-low, then add flour and cook, stirring, 3 minutes. Stir in half-and-half, sage, salt, and 1 teaspoon lemon zest. Bring mixture to a boil, stirring. Reduce heat to medium-low, add

2 teaspoons lemon juice, and simmer, stirring often, until thickened, about 4 minutes. [From our kitchen: The sauce

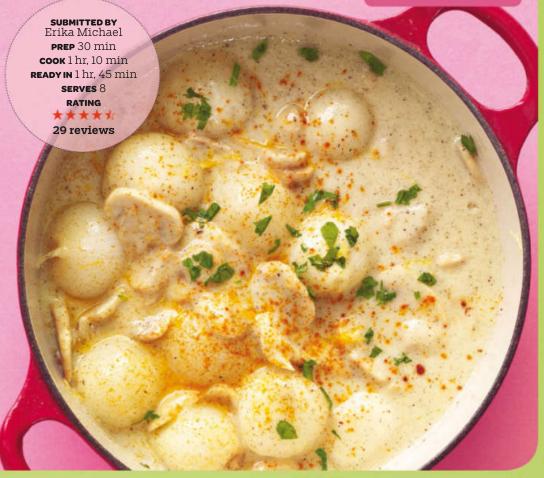
[From our kitchen: The sauce can be made 1 day ahead and chilled, covered. Reheat in a saucepan over medium-low heat, stirring and thinning the sauce as necessary with a little milk or water, before proceeding.]

- Spread onions in baking dish and pour mushroom sauce over them. Bake until sauce is bubbling, about 20 minutes. Sprinkle top with parsley, paprika, and remaining teaspoon zest.
- PER 1/2-CUP SERVING 177 CAL; 12.9g FAT (8g SAT); 3.9g PRO; 13.1g CARB; 2.1g FIBER; 300mg SODIUM; 38mg CHOL

'you said"

My mother usually makes this at holidays, but this year I made it, using this recipe. My sister said it tasted 'just like Mom's.' That says a lot! —MAJAHARI

I made it with frozen pearl onions, just boiled about 6 minutes or so. I also prepared it in advance, refrigerated, and baked at 350°F for about 40 minutes. It received rave reviews.
—\$AYEUR



is new again—
I'm bringing a

RETRO classic! 99



SWEET POTATO AND BLACK PEPPER BISCUITS

armagazine.com/sweet-potatoblack-pepper-biscuits

"Sweet and peppery biscuits are great for ham sandwiches with a little honey mustard. You can substitute pumpkin or winter squash for the sweet potato." —THE GREEN CRANE

- 2 cups flour
- 2 tablespoons sugar [From our kitchen: Increasing the sugar from the original 1 teaspoon to 2 tablespoons may sound like a lot, but it really brought out the sweetness of the potato.]
- 21/2 teaspoons baking powder [From our kitchen: Sweet potatoes are heavy, so require a little more baking powder to give them lift.]
- 3/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon freshly ground black pepper, plus additional for garnish [From our kitchen: Be sure to grind your own black pepper for the freshest flavor. If you're a pepper lover, increase to 3/4 teaspoon.]
- 11/2 sticks butter, cut into 1/2-inch cubes
 - 1 cup cold mashed sweet potatoes [From our kitchen: The Garnet sweet potato variety, often found in the market's organic section, is worth trying in this recipe. It has a deeper, sweeter flavor than conventional sweet potatoes.]
- 4 to 5 tablespoons heavy cream, plus more for brushing biscuits, if desired

baking powder, salt, baking soda, and pepper in a large bowl. Cut butter into flour mixture with a pastry blender until mixture resembles coarse meal with a few pea-sized crumbs. Stir sweet potatoes and 4 tablespoons cream into flour

Preheat oven to 425°F.Whisk together flour, sugar,

- 4 tablespoons cream into flour mixture with a fork, adding more cream as needed to moisten crumbs and form a rough, slightly sticky dough. [From our
- kitchen: To get a moist dough, we added more heavy cream than in the original recipe. Sweet potatoes can vary in moisture level, so you may need to use more or less, depending on your potatoes.]
- 3 Turn out dough onto a floured work surface. Gently knead dough, turning over about 5 times, until it comes together. Roll out dough into a 101/2-inch round (about 1/2 inch thick). Cut out 2-inch rounds from dough with a biscuit cutter, dipping cutter in flour before each cut. Arrange rounds on a large baking sheet. Gather and reroll scraps. Cut out more biscuits. Repeat. Brush tops of rounds with heavy cream, if desired, for a slightly shiny glaze, and top each with a pinch of freshly ground pepper. Bake until puffed and golden brown, 14 to 18 minutes. Transfer biscuits to a rack to cool to
- brown, 14 to 18 minutes. Transfer biscuits to a rack to cool to warm, about 5 minutes, or room temperature. [From our kitchen: If you cut open a biscuit fresh out of the oven, the innards still look a bit raw, but when cooled to warm, that rawness disappears. Biscuits always taste best when they're freshly made.]

PER 1-BISCUIT SERVING 102 CAL; 6.3g FAT (3.9g SAT); 1.2g PRO; 10.4g CARB; 0.6g FIBER; 167mg SODIUM; 17.4mg CHOL



66Sweet potatoes are always a HIT, and this is one of those meals where are always welcome.



homemade **ROLLS** I'm going to do a mash-up! 99



DOYOUKNOWTHE MUFFIN PAN?



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GG Great idea! I used Monterey Jack cheese, red onion, and some mashed avocado. It's very good as a quick snack, and works well in mini cups baked for 15 minutes. —RENEE

I made a big batch and froze them. Microwave them 45 seconds and you've got a delicious and easy make-ahead breakfast. —RACHELU

I subbed sharp cheddar for the feta and omitted

Quinoa-Veggie Muffins



oarmagazine.com/quinoa-veggie-muffins

From our kitchen: We loved Ehagan's quinoa muffins, and followed her advice by adding even more veggies.

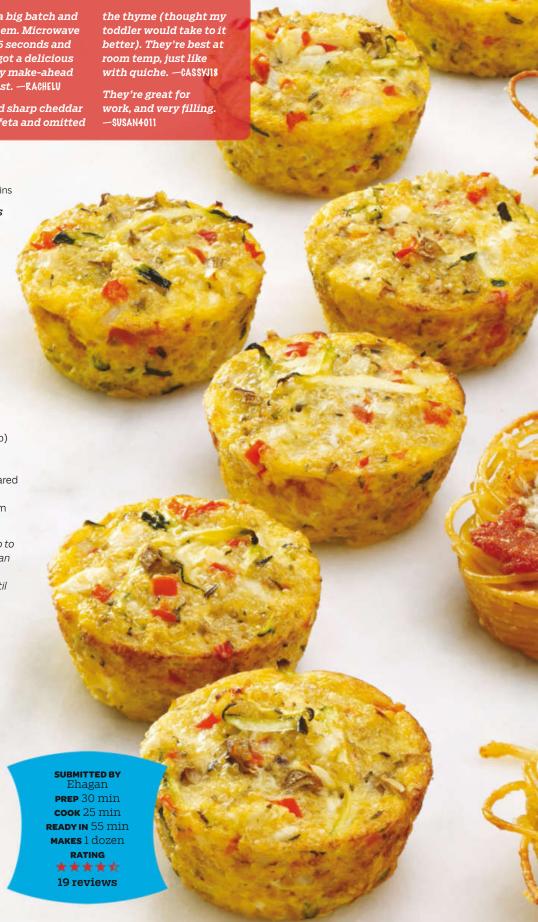
- 6 large eggs
- 2 cups cooked quinoa
- 2/3 cup chopped onion
- 2/3 cup diced red bell pepper
- 2/3 cup grated unpeeled zucchini
- 2/3 cup sliced fresh mushrooms, chopped
- 2/3 cup crumbled feta cheese (31/2 ounces)
- 1 teaspoon dried thyme
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 Preheat oven to 400°F. Spray 12 (1/2-cup) nonstick muffin cups with cooking spray.
- 2 Beat eggs in a large bowl, then stir in remaining ingredients. Divide among prepared muffin cups.
- 3 Bake until edges brown and tops are firm to the touch, 20 to 30 minutes.

[From our kitchen: You can make these up to 2 days ahead. Cool, uncovered, then chill in an airtight container. Reheat in a muffin pan, tightly covered with foil, in a 350°F oven until heated through, about 20 minutes.]

PER 1-MUFFIN SERVING 103 CAL; 4.8g FAT (2.1g SAT); 6.1g PRO; 8.9g CARB; 1.4g FIBER; 260mg SODIUM; 100mg CHOL



Save this in your online recipe box with just a few taps on your phone! Page 4 shows how easy it is.





each cup. I've also used mini pepperoni instead of meatballs. —OMGITSGOOD

I helped my grandkids make them, and we had a blast! Next time, we'll try it Asian with rice noodles. —ANNAMO

Spaghetti and Meatball **Muffin Bites**

armagazine.com/spaghetti-meatball-muffins

"There's a reason spaghetti and meatballs appears on so many dinner tables: It's a comforting meal, easy to put together, and loaded with flavor. This turns the traditional meal into party-ready servings." - ANNA BERMAN

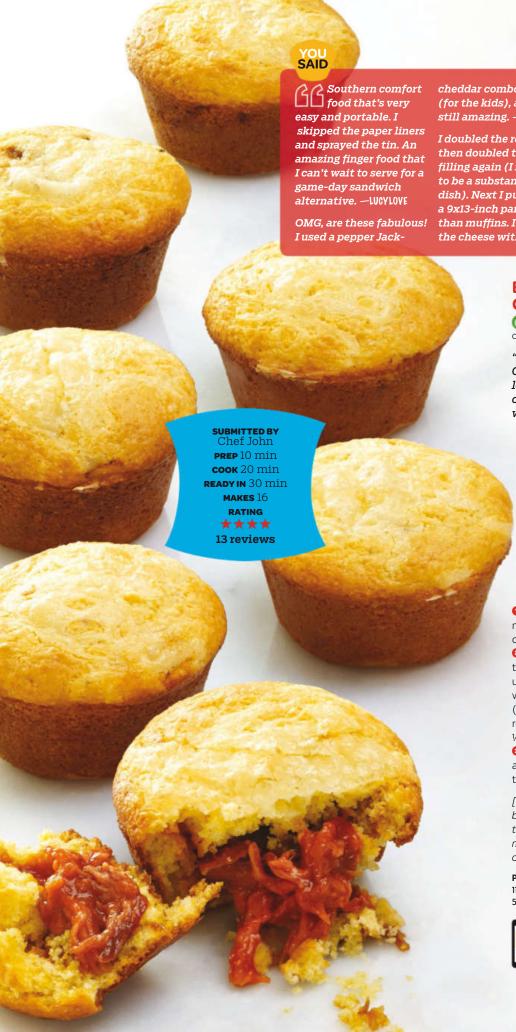
- 6 ounces spaghetti
- 11/2 tablespoons olive oil
- 11/2 cups grated parmesan cheese (53/4 ounces)
- 11/2 cups marinara sauce (14 ounces)
- 12 (1-ounce) cooked meatballs, thawed if frozen
- 1 Preheat oven to 375°F. Generously coat 12 (1/2-cup) nonstick muffin cups with cooking spray.
- 2 Bring a large pot of salted water to a boil, then cook spaghetti, stirring occasionally, until al dente, 7 to 10 minutes. Drain and transfer to a bowl. Add oil and toss to coat. Refrigerate until cooled, about 15 minutes.
- 3 Toss cooled spaghetti with 1 cup cheese and divide among prepared muffin cups, arranging noodles to create "nests" for meatballs. [From our kitchen: For easiest "nesting." twirl noodles on a fork, slide them off into cup, then form nest with your fingers. Include any loose cheese left in bowl. 1 Top each with 1 tablespoon marinara sauce. 1 meatball, then 1 more tablespoon sauce. Sprinkle with remaining cheese.
- 4 Bake until heated through and cheese melts and lightly browns, 20 to 30 minutes. Let cool in pan 5 minutes before transferring to a serving platter.

[From our kitchen: To make these up to 1 day ahead, cool baked muffins in pan to room temperature, then cover pan with plastic wrap and chill. Reheat in a 350°F oven until heated through, about 15 minutes.]

PER 1-MUFFIN SERVING 198 CAL; 9.3g FAT (3.5g SAT); 11g PRO; 17g CARB; 1.4g FIBER; 317mg SODIUM; 33mg CHOL



See this recipe in motion with just a tap on your phone. See page 4 for details, or go to armagazine.com/spaghetti-meatballmuffins-video



cheddar combo instead (for the kids), and it was still amazing. —AFWIFE88

I doubled the recipe, then doubled the meat filling again (I needed it to be a substantial main dish). Next I put it into a 9x13-inch pan rather than muffins. I topped the cheese with a healthy delicious! -BAB\$2949

dose of extra barbecue sauce before adding the remaining cornbread. -LADYBUGGS5224

I have had these at a county fair. They were topped with coleslaw and an additional scoop of the barbecue-sauced pulled pork. Absolutely

BBQ-Pork-Stuffed Corn Muffins

@ @armagazine.com/bbg-pork-stuffedcorn-muffins

"This new American classic (part Chinese pork bun, part corn dog) looked good, tasted great, and felt oh-so-right in my hand. And my fingers were absolutely spotless!"—CHEF JOHN

- 2 large eggs
- 2/3 cup milk
- 2 (8.5-ounce) packages corn muffin mix
- 1 cup shredded pepper Jack cheese
- 2 cups pulled pork in barbecue sauce, at room temperature [From our kitchen: Get two 16-ounce containers to make sure you have enough. We used Tony Roma's Pulled Pork in Sweet Hickory Sauce, which is available at most stores' meat counter.1
- 1 Preheat oven to 400°F. Line 16 (1/2-cup) muffin cups with paper liners and spray with cooking spray.
- ② Whisk together eggs and milk in a bowl, then stir in muffin mix and ½ cup cheese until well combined. Fill muffin cups halfway with batter and divide pork among cups (about 2 tablespoons each). Top with remaining batter and sprinkle with remaining 1/2 cup cheese.
- 3 Bake until golden and springy to the touch, about 20 minutes. Transfer muffins to a rack to cool. Serve warm or at room temperature.

From our kitchen: These are best when fresh. but can be made 1 day ahead. Cool, uncovered, then chill in an airtight container. Reheat in muffin pan, tightly covered with foil, in a 350°F oven until heated through, 15 to 20 minutes.]

PER 1-MUFFIN SERVING 232 CAL: 10.2g FAT (3.8g SAT): 11.5g PRO; 22.7g CARB; 2g FIBER; 641mg SODIUM; 52mg CHOL



Blipp it, watch it, bake it! See page 4 for blipp details, or go to armagazine.com/bbq-porkstuffed-corn-muffins-video





Reput the onion, celery, and apple in crumbs, so I added my food processor and let it do all the work for me. I used Italian bread crumbs, Colby Jack cheese, and only one egg. It came out moist and flavorful. -KRISTARA

I didn't have bread Stove Top cornbread stuffing. Better than beef meatloaf! —LADY BUG

I didn't have poultry seasoning, so substituted on Allrecipes.com some chicken bouillon. I also subbed parmesan

cheese for romano (I already had some). Everyone loved it! -LADYLADD

I made this tonight, and it was so good I registered just so I could review it. - ERIN.TOCH

Thanksgiving Meatloaf Muffins

armagazine.com/thanksgiving-meatloaf-muffins

"I love autumn because it means I can make this fall-ish comfort food with all of the flavors of Thanksgiving, without the hassle of a Thanksgiving dinner! Serve with cranberry sauce and mashed potatoes." -JEN GRAHAM

FOR MUFFINS

- 2 tablespoons butter
- 1 medium Granny Smith apple, peeled, cored, and chopped (about 11/3 cups)
- 1/2 cup chopped celery, with leaves
- 1/3 cup chopped onion
- 2 eggs
- 1/3 cup milk
- 1 teaspoon poultry seasoning
- 1/4 teaspoon salt
- 3/4 cup dried bread crumbs
- 1/2 cup shredded romano cheese
- 11/2 pounds ground turkey

FOR TOPPING

- 11/2 pounds potatoes, peeled and cubed
- 11/2 tablespoons butter
- 1/4 teaspoon salt
- 3 tablespoons warm milk

Make muffins:

- 1 Preheat oven to 375°F. Coat 12 (1/2-cup) nonstick muffin cups with cooking spray.
- 2 Melt butter in a skillet over medium heat, then cook apple, celery, and onion, stirring, until apple is softened and onion is translucent, 6 to 8 minutes. Remove from heat and let cool 5 minutes.
- 3 Whisk together eggs, milk, poultry seasoning, and salt in a large bowl. Stir in bread crumbs and cheese until well combined. Add ground turkey and lightly mix with your hands (do not overmix or muffins will be tough). Divide among prepared cups, pressing mixture as needed to fill cups evenly.
- 4 Bake until cooked through and an instant-read thermometer inserted in centers registers 165°F, about 25 minutes.

Make topping:

(5) While muffins bake, bring a pan of salted water to a boil and add potatoes. Reduce heat and simmer, covered, until very tender,

SUBMITTED BY Jen Graham PREP 30 min соок 25 min READY IN 55 min MAKES 1 dozen RATING **** 41 reviews

15 to 20 minutes. Drain and return to pan. Add butter, salt, and milk. Mash with a potato masher. (This makes 3 cups, enough to top muffins with a ¼-cup scoop.)

From our kitchen: These are best the day they're made, but can be made I day ahead. Cool, uncovered, then chill in an airtight container. Reheat in muffin pan, tightly covered with foil, in a 350°F oven until heated through, about 20 minutes.1

PER 1-MUFFIN SERVING 199 CAL; 10.5g FAT (4.4g SAT); 15g PRO; 12g CARB; 1.1g FIBER; 287mg SODIUM; 86mg CHOL



baking cups for easy serving and reheating (I've tried both small and large foil cups—both work great). To give it a somewhat fancier flavor, I like to substitute truffle mixture itself to help oil for half the olive oil.

Spray the crumb topping with cooking spray before baking to make it crisp up better. I also add half the bread crumb mixture to the macaroni make it more 'muffin-y.' It's a big hit! - VAISYGIRL

Easy Mac-and-Cheese

armagazine.com/mac-and-cheese-muffins

"This takes a fun approach to the traditional mac and cheese. Kids can eat it like a muffin, making it a whole new experience!" -JOPLIN_7_7_7

- 1/2 cup seasoned dried bread crumbs
- 2 teaspoons olive oil
- 1/2 teaspoon salt
- 2 cups elbow macaroni (8 ounces)
- 1 tablespoon butter
- 1 large egg, beaten
- 11/2 cups shredded mozzarella cheese (6 ounces)
- 11/2 cups shredded sharp cheddar cheese (6 ounces)
 - 1 cup milk
- OPreheat oven to 350°F. Coat 12 (1/2-cup) nonstick muffin cups with cooking spray.
- 2 Stir together bread crumbs, oil, and 1/4 teaspoon salt in a small bowl.
- 3 Bring a large pot of salted water to a boil, then cook macaroni until al dente, 7 to 8 minutes. Drain and return to pot. Add butter and egg, and stir until macaroni is evenly coated. Stir in mozzarella, 1 cup cheddar, milk, and remaining ¼ teaspoon salt. Divide among prepared muffin cups. Sprinkle with bread crumb mixture and remaining 1/2 cup cheddar.
- Bake until browned, about 30 minutes. Let cool in pan 5 minutes to allow cheese to set and hold muffin shape.

[From our kitchen: You can make these 1 day ahead. Cool, uncovered, then chill in an airtight container. Reheat in muffin pan, tightly covered with foil, in a 325°F oven until heated through, about 20 minutes. Remove foil and bake 5 minutes more to crisp up crumb topping.1

PER 1-MUFFIN SERVING 208 CAL; 10g FAT (5.6g SAT); 11g PRO; 18g CARB; 0.8g FIBER; 382mg SODIUM; 44mg CHOL



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. Publication Title: Allrecipes. 2. Publication Number: 011-780. 3. Filing Date 10/01/2015. 8. Complete Mailing Address of Headquarters or General Business Office of Publisher: 1716 Locust Street, Des Moines, Polk County, Iowa 50309-3023. 9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor: Publisher: Steven Grune, 805 Third Avenue, 29th Floor, New York, NY 10022; Editor: Cheryl Brown, 805 Third Avenue, 24th Floor, New York, NY 10022; Managing Editor: Doug Crichton, 1716 Locust Street, Des Moines, IA 50309-3023, 10. Owner: Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. The names and addresses of all stockholders owning or holding I percent or more of the total amount of stock: Brown Brothers Harriman & Co. (0010), Attn: Jerry Travers, 525 Washington Blvd., Jersey City, NJ 07310; Morgan Stanley Smith Barney, LLC (0015), Attn: John Barry, 1300 Thames Street, 6th Floor, Baltimore, MD 21231; Brown Brothers Harriman & Co./ETF (0109) Attn: Jerry Travers, 525 Washington Blyd., Jersey City, NJ 07310; First Clearing LLC (0141), Attn: Matt Buettner, 2801 Market Street, H0006-09B, St. Louis, MO 63103; Charles Schwab & Co., Inc. (0164), Attn: Christina Young, 2423 E. Lincoln Drive, Phoenix, AZ 85016-1215, National Financial Services, LLC (0226), Attn: Sean Cole, 499 Washington Blvd., Jersey City, NJ 07310; The Bank of New York Mellon (0901), Attn: Jennifer May, 525 William Penn Place, Suite 153-0400, Pittsburgh, PA 15259; JPMorgan Chase Bank, National Association (0902), Attn: Marcin Bieganski Associate, 14201 Dallas Pkwy, 12th Floor, Corp Actions Dept, Dallas, TX 75254; The Bank of New York Mellon/Mellon Trust (0954), Attn: Jennifer May, 525 William Penn Place, Suite 153-0400, Pittsburgh, PA 15259; State Street Bank and Trust Company (0997), Attn: Christine Sullivan, 1776 Heritage Drive, North Quincy, MA 02171; Comerica Bank (2108) Attn: Gloria Imhoff, 411 West Lafayette, Detroit, MI 48226; The Bank of New York Mellon/Mid Cap (2209), Attn: Jennifer May, Vice President, 525 William Penn Place, Pittsburgh, PA 15259; JPMorgan Chase Bank/lA (2357), Attn: Marcin Bieganski, Associate, 14201 Dallas Pkwy., 12th Floor, Corp Actions Dept, Dallas, TX 75254; The Northern Trust Company (2669), Attn: Andrew Lussen, Team Leader, 801 S. Canal Street, Attn: Capital Structures-C1N, Chicago, IL 60607; SSB-Blackrock Institutional Trust (2767), Attn: Trina Estremera, 1776 Heritage Drive, Black NOCK INSTITUTION IN USE 2701), AUTH. HINE ESSENHEID, TO PERILOGE DIVEY, NOTH QUIRDY, MA 02717; LUS. Bank NA. (2803), Attr. Stephanie Storich, 1555 N Rivercenter Drive, Suite 302, Milwaukee, WI 53212. Through some of the nominees listed above, the E.T. Meredith and Bohen families and family foundations own, directly or beneficially, approximately 16% of the issued and outstanding stock of the corporation. Each nominee listed above holds stock for one or more stockholders. 11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities: None. 12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one): The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes: v. Has Not Changed During Preceding 12 Months _ Has Changed During Preceding 12 Months: Not applicable.

- 13. Publication Title: Allrecipes
 14. Issue Date for Circulation Data Below: September/October 2015
- 15. Extent and Nature of Circulation
 Average No. Copies Each Issue During Preceding 12 Months:
- a. Total Number of Copies (Net press run):
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- Internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and exchange copies.):
- (2) In-County Paid/Requested Mail Subscriptions stated on PS Form 3541.

 (Include direct written request from recipient, telemarketing, and Internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and exchange copies.):
- (3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid or Requested Distribution Outside USPS*: 37,6 37,621 (4) Requested Copies Distributed by Other Mail Classes Through the USPS
- (e.g., First-Class Mail®): c. Total Paid and/or Requested Circulation (Sum of 15b (1), (2), (3), and (4)):
- d. Nonrequested Distribution (By Mail and Outside the Mail):
- Outside County Nonrequested Copies Stated on PS Form 3541 (include sample copies, requests over 3 years old, requests induced by a premium, bulk sales and requests including association requests, names obtained from business directories, lists, and other sources): 27,240
 (2) In-County Nonrequested Copies Stated on PS Form 3541 (include sample
- copies, requests over 3 years old, requests induced by a premium, bulk sales and requests including association requests, names obtained from business directories, lists, and other sources): (3) Nonrequested Copies Distributed Through the USPS by Other Classes of
- Mail (e.g., First-Class Mail, Nonrequestor Copies mailed in excess of 10% Limit mailed at Standard Mail® or Package Services Rates):

 (4) Nonrequested Copies Distributed Outside the Mail (include pickup
- 4.233 stands, trade shows, showrooms, and other sources): Total Nonrequested Distribution (Sum of 15d (1), (2), (3) and (4)):
- Total Distribution (Sum of 15c and e): 1.053.725 Copies not Distributed (see instructions to publishers #4, (page #3)):
- 201,808 1,255,533
- Total (Sum of 15f and g): 1,255.
 Percent Paid and/or Requested Circulation (15c divided by 15f times 100): 97.01%
- No. Copies of Single Issue Published Nearest to Filing Date:
 - a. Total Number of Copies (net press run):
 b. Legitimate Paid and/or Requested Distribution (by mail and outside the mail):
 (1) Outside County Paid/Requested Mail Subscriptions stated on PS Form
 - 3541 (include direct written request from recipient, telemarketing, and Internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and exchange copies): 1,126,(
 (2) In-County Paid/Requested Mail Subscriptions stated on PS Form 3541
 - (include direct written request from recipient, telemarketing, and Internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and
 - (3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid or Requested Distribution Outside USPS*: 40,3'
 (4) Requested Copies Distributed by Other Mail Classes Through the USPS 40.390
 - (e.g., First-Class Mail®):

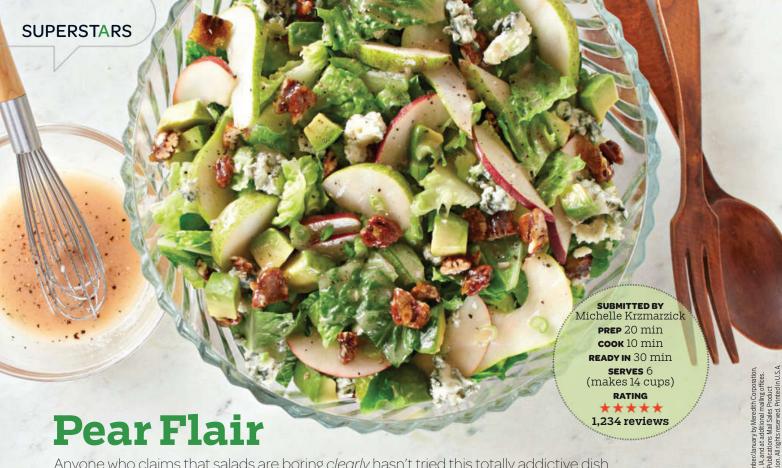
- c. Total Paid and/or Requested Circulation (Sum of 15b (1), (2), (3), and (4)):
- d. Nonrequested Distribution (By Mail and Outside the Mail): Outside County Nonrequested Copies Stated on PS Form 3541 (include sample copies, requests over 3 years old, requests induced by a premium, bulk sales and requests including association requests, names obtained from business directories, lists, and other sources): 18,203 (2) In-County Nonrequested Copies Stated on PS Form 3541 (include sample
- copies, requests over 3 years old, requests induced by a premium, bulk sales and requests including association requests, names obtained from business directories, lists, and other sources):
- (3) Nonrequested Copies Distributed Through the USPS by Other Classes of Mail (e.g., First-Class Mail, Nonrequestor Copies mailed in excess of 10%
- Limit mailed at Standard Mail® or Package Services Rates):
 (4) Nonrequested Copies Distributed Outside the Mail (include pickup stands, trade shows, showrooms, and other sources): Total Nonrequested Distribution (Sum of 15d (1), (2), (3) and (4)): 4 396
- Total Distribution (Sum of 15c and e): 1.189.014 Copies not Distributed (See Instructions to Publishers #4, (page #3)):
- ,. 190.418
- h. Total (Sum of 15f and g): 1,379 i. Percent Paid and/or Requested Circulation (15c divided by 15f times 100): 98.10%
- 16. Electronic Copy Circulation
 Average No. Copies Each Issue During Previous 12 Months
- a. Requested and Paid Electronic Copies:
 b. Total Requested and Paid Print Copies (Line 15c) + Requested/Paid Electronic Copies (Line 16a): Total Requested Copy Distribution (Line 15f) + Requested/Paid Electronic
- Copies (Line 16a): Percent Paid and/or Requested Circulation (Both Print & Electronic Copies
- (16b divided by 16c × 100): I certify that 50% of all my distributed copies (electronic and print) are legitimate

requests or paid copies. No. Copies of Single Issue Published Nearest to Filing Date

- a. Requested and Paid Electronic Copies:
 b. Total Requested and Paid Print Copies (Line 15c) + Requested/Paid Electronic Copies (Line 16a):
 Total Requested Copy Distribution (Line 15f) + Requested/Paid Electronic
- Copies (Line 16a):
- d. Percent Paid and/or Requested Circulation (Both Print & Electronic Copies) (16b divided by 16c × 100): I certify that 50% of all my distributed copies (electronic and print) are legitimate requests or paid copies.

17. Publication of Statement of Ownership for a Requester Publication is required and will be printed in the November 2015 issue of this publication.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner: Bryce Rockers, Business Manager. Date: 8/11/2015. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties)



Anyone who claims that salads are boring clearly hasn't tried this totally addictive dish.

perfect first course for Thanksgiving, this savory salad looks and tastes impressive but is very simple to make. Crunchy pecans, sweet pears, and bold, creamy Roquefort (a type of blue cheese aged exclusively in France's Combalou caves) are the perfect flavor trio. "And the mustard vinaigrette pulls it all together," says Michelle Krzmarzick, who submitted the recipe. Sure, some people switch up the cheese, others like to add bacon or chicken, but no matter how you modify this five-star classic, you'll end up making it again and again!

Roquefort-Pear Salad

😭 🗿 히 armagazine.com/ roquefort-pear-salad

- 1/4 cup plus 11/2 teaspoons sugar
- 1/2 cup pecans
- 1/3 cup olive oil
- 3 tablespoons red wine vinegar
- 11/2 teaspoons mustard [From our kitchen: In keeping with the French spirit, we used Dijon.]
- 1 clove garlic, minced
- 1/2 teaspoon salt Black pepper to taste
- 1 head romaine lettuce, torn into bite-size pieces (about 12 cups)
- 3 pears, cored and thinly sliced
- 5 ounces Roquefort cheese, crumbled [From

- our kitchen: You can substitute any kind of blue cheese, but it may not have the same creamy texture as true Roquefort.]
- 1 avocado, peeled, pitted, and diced
- 1/2 cup thinly sliced green onions
- O Combine 1/4 cup sugar and pecans in a small skillet over medium heat, and heat, stirring gently, until sugar has melted and pecans caramelize, 6 to 7 minutes. Carefully transfer nuts to wax paper. [From our kitchen: The nuts might stick to the wax paper. Grease the paper before transferring the nuts, or use a greased baking sheet.] When cool, break nuts into pieces. [From our kitchen: You can make the nuts up to 3 days ahead, but they might get a little sticky.]
- 2 Whisk together oil, vinegar, remaining 11/2 teaspoons sugar, mustard, garlic, salt, and pepper in a small bowl to make dressing.
- 3 Layer lettuce, pears, cheese, avocado, and green onions in a large serving bowl. Just before serving, pour dressing over salad, sprinkle with pecans, then toss.

PER 21/3-CUP SERVING 424 CAL; 31g FAT (7.7g SAT); 8.7g PRO; 32g CARB; 8.6g FIBER; 647mg SODIUM; 21.3mg CHOL



Blipp it, watch it, make it! (Page 4 has blipp details.) Or go to armagazine.com/ roquefort-pear-salad-video





What salads are you cooking up for your Thanksgiving

meal? Tag your photos #MyAllrecipes for a chance to be featured in an upcoming issue!



Add 1 to 2 tablespoons water to the pecansugar mixture to help the sugar melt evenly. -MOMSAVEDBYGRACE

After slicing the pears, keep them covered in water and

chilled until you're ready to use them. It helps to keep them from turning brown too fast and maintains the crunchy texture. -CHEF Q

I triple the candied nuts and save the extras so I can make

the salad again later without having to redo them. I also sprinkle a little bit of salt over the nuts when they're almost done caramelizing to balance out the sugar. -CHMOORE

Let the dressing sit overnight to allow the flavors to blend. And definitely double it. -TORTUGAA2X

I substituted Gorgonzola for the blue cheese: I find it a bit milder. —JEANETTESIMCOX

DAILY: PORKCAST

MON

Rain-or-Shine Pulled Pork and Pimento Cheese



TUES

Hot and Sweet Cubano Sandwich



WEDNESDAY

Smoky Hot Chops with Cool Cucumber-Tomato Salad

Flavor front coming through



THURS



FRI





